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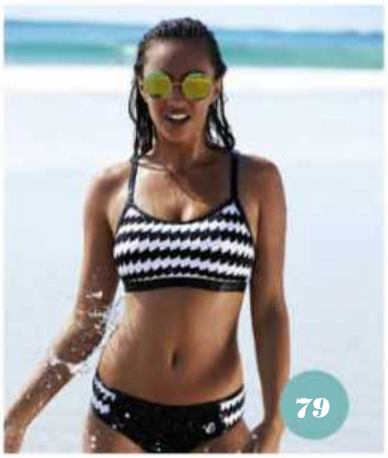

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ON THE COVER

Photography: Sandra Markovic
Styling: Pembe Bekir
Hair: Jessica Furlan
Make-up: Charlie Kielty
Creative direction: Micaela George

Diana (left) wears **The Upside Abbie Crop** $89
Koral Activewear Lustrous Leggings $135
Nike Roshe One shoes $120
Felicia wears **First Base X O'Neill Flex Crop Top** $90
Koral Activewear Lustrous Leggings $135
Nike Roshe One shoes $120

Shop the shoot

All items are available from stylerunner.com

We got a surprise visit from the NSW Fire Brigade during our shoot, and they were more than happy to help the girls out with a few poses. Thanks guys, you rock!
Check out the good work they do at fire.nsw.gov.au

Ed's letter

You've gotta love summer. I know I do. It's so much easier to feel happy when the weather is warm, the days are long and everyone is so chilled out and ready to party. The only problem with my love affair with summer is the unavoidable fact that my lily-white skin and the sun just do not mix. I've learned this the hard way on several occasions – most recently while on the photo shoot for our cover girls, Base Body Babes. A sudden change from an indoor shoot to an outdoor one didn't leave me enough time to think about grabbing some sunscreen and so – after a day out in direct, blazing sunlight – that night saw me very red, sore and sorry indeed. Here in Australia we just can't afford to be that careless, which is why we've included some wise advice on how to be extra sun smart this year (page 98). Read it and remember me the next time you think about heading out without any UV protection.

If you really want to have a tan, this is one situation where faking it is the wisest option. We've featured all the latest and greatest self-tanning products on page 82, so you can choose the one that works best for your lifestyle. (For me, a fake tan is about the only option. I swear the sun just bleaches my skin whiter...)

But back to our awesome cover models. We were really excited to work with the Base Body Babes this issue. They are so fit, fun, energetic and motivated. Basically, they are so *SHAPE*! Read all about them on page 11, try their lower body workout moves on page 14, and then check out their exclusive style shoot on page 74.

So anyway, yay for summer! (And yay for sunscreen). I hope you have an awesome holiday season (check out page 91 for some great gift ideas) and an inspired start to 2016. We want to help you make it your best year yet.

Let's get into SHAPE!

Alison

editor@shapemagazine.com.au

Next issue

Want to undo some of that festive season frivolity? We've got the perfect delicious detox to help you repair the damage. Plus, you'll want to try our no-gym workout. Only in SHAPE. Grab your copy or subscribe today at mymagazines.com.au

Next issue on sale Jan 28, 2016

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December

DECEMBER 4-6
Tour of Bright
Where: North-east Vic
What: A tough multi-stage road race close to the spectacular Victorian Alps.
More info: tourofbright.com.au

DECEMBER 5
Bruny Island Ultra Marathon
Where: Bruny Island, Tas
What: A 64km ultra-marathon from Dennes Point to the Lighthouse at Cape Bruny.
More info: brunyislandultra blogspot.com.au

DECEMBER 6
Sunsmart Ironman Western Australia
Where: Busselton, WA
What: The bike and run courses are among the flattest on the global Ironman circuit.
More info: ironman.com

DECEMBER 6
Sussan Women's Fun Run
Where: Melbourne, Vic
What: It's the event's 30th anniversary. It offers 5km, 10km and half-marathon courses. Supports the Breast Cancer Network.
More info: sussanwwomensfunrun.com.au

January

JANUARY 10
Gatorade QLD Triathlon Series
Where: Robina, QLD
What: A 750m swim, 20km ride and 5km run for the elite and age groups, or an entire tri with a 300m swim, 10km ride and 2.5km run.
More info: qldtriseries.com.au

JANUARY 17
Two Bays Trail Run
Where: Mornington Peninsula, Vic
What: 28km or 56km trail run through national park from Dromana to Cape Schanck. Great views.
More info: twobaystrailrun.com

JANUARY 26
Illawarra Aquathon
Where: Wollongong, NSW
What: Four swim and run events plus an all-ages inclusive community charity walk.
More info: aquathon.com.au

JANUARY 31
The Big Swim
Where: Palm Beach, NSW
What: A big, challenging swim along the iconic Palm Beach and around to Whale Beach.
More info: thebigswim.org.au

Coming up

FEBRUARY 7
Sydney Morning Herald Cole Classic
Where: Manly Beach, NSW
What: One of Australia's longest-running open swim events with 1km and 2km races in Manly.
More info: coleclassic.com.au

FEBRUARY 27-28
Miss Muddy
Where: Creswick, Vic
What: A female-only obstacle event that is all about fun, participation and enjoying a day out with the girls.
More info: missmuddy.com.au

FEBRUARY 28
Sydney Skinny
Where: Sydney Harbour
What: Yep, it's skinny-dipping! An invigorating and untimed 900m or 300m swim from Cobbler's Beach, Middle Head, protected by the privacy of Sydney Harbour National Park.
More info: thesydneyskinny.com.au

MARCH 8-14
Care Australia's Walk in Her Shoes
Where: Everywhere
What: Track your steps and compare your workload to the millions of poor women who spend hours walking each day for water and firewood.
More info: walkinhershoes.org.au

SHAPE *LOVES...*

CHALLENGE YOURSELF Can Too

The Can Too Foundation transforms lives through fun, fitness, friends and fundraising for cancer research. Get professional coaching as part of a team to run or swim and bike in events including marathon and half marathon, as well as ocean swims and triathlons. See more at **cantoo.org.au**

Got an event in your state that SHAPE readers can train for in 2016?
Email details to editor@shapemagazine.com.au with a couple of good action photos.

Qsilica beauty giveaway

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5. QSILICA REVIVE FACE & NECK MOISTURISER *50ml*
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In 25 words or less, what was your favourite feature in this issue of SHAPE, and why?

.....

.....

Name: ..... **Phone number:** .....

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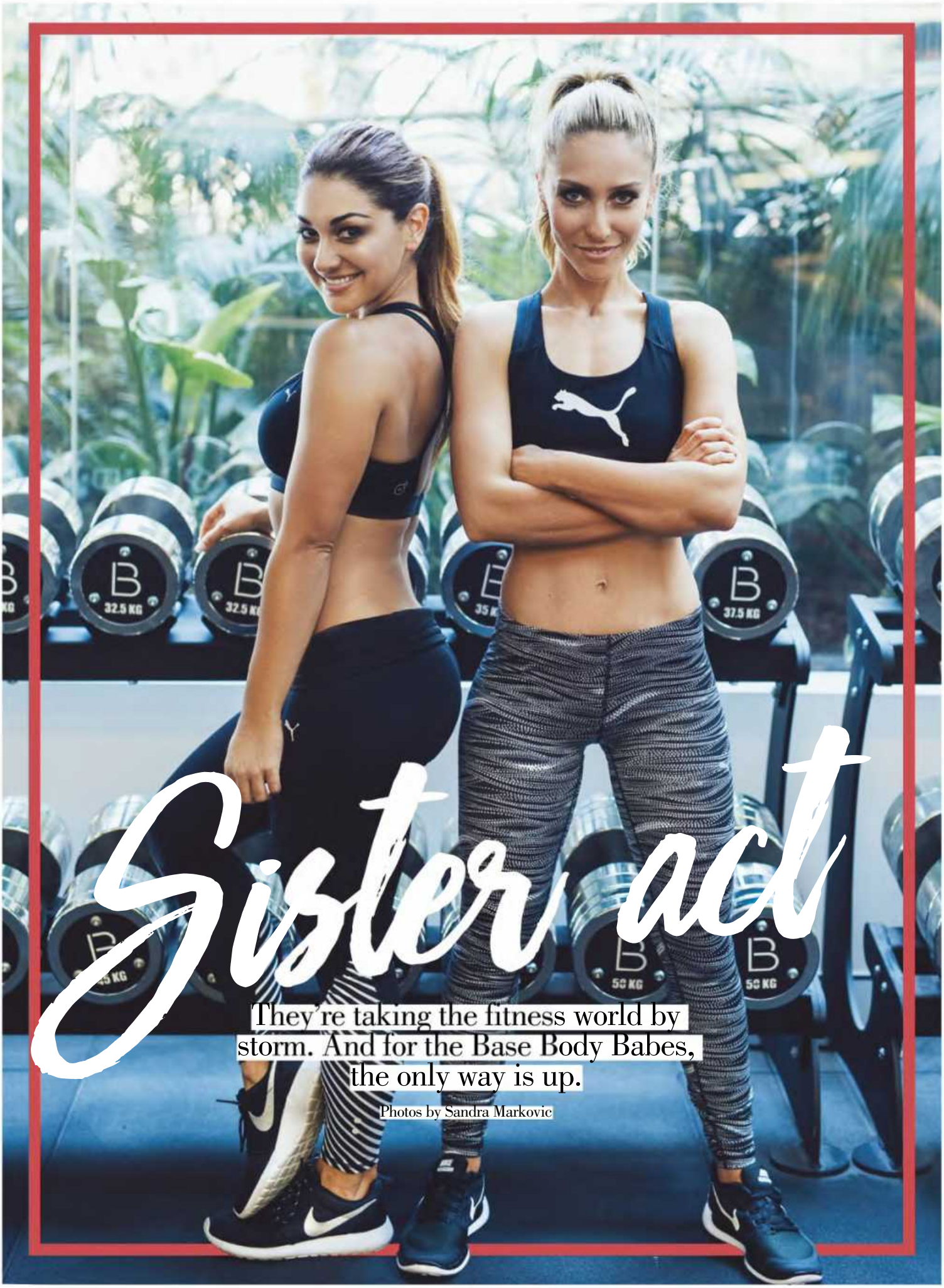


Sister act

They're taking the fitness world by storm. And for the Base Body Babes, the only way is up.

Photos by Sandra Markovic

They may both measure in under 160cm, but Base Body Babes Diana Johnson (left) and Felicia Oreb are towering figures in the world of Instagram. The sisters have over 580,000 followers on the social media platform, on which they share selfies, fitness and nutrition advice, fashion and "fitspiration" posts.

The sisters recently set up their own gym and café in North Sydney, together with Felicia's husband, man-mountain Sebastian Oreb, or "Bas". They offer personal training, group training, bootcamp and online training, all following their Strength System for Women, which they developed in conjunction with Bas.

"Our system is very simple," Diana says. "Base Body Babes' training consists of a combination of strength and circuit-style training with weights. Lifting weights is our favourite way to shape and transform our bodies."

The two were always active growing up, but their love for training really began in their late teens, when Felicia met Bas.

"When Sebastian and I started dating over 14 years ago we started training in the gym together," Felicia says. "He taught me how to lift weights and he ignited my love for training in the gym. The three of us have always been very close, so we would all train together and talk about training and from there our health and fitness journeys began."

Both women have since become qualified personal trainers. And it was their clients who inspired them to set up Base Body Babes and Base Gym as a way to inspire, motivate and educate women all over the world to nurture and love their bodies.

"When we first started working in the industry, we were training women in our outdoor bootcamps, which we loved and had a blast doing," Felicia says. "As our business started to grow and more and more people wanted to train with us, we needed to expand. We needed to accommodate the people who couldn't train with us face-to-face, so we went online, which was great for our growth. We were able to reach so many people all over the world and really help them on their own health and fitness journeys. During this time, we began the process of opening our own facility."

Base Gym is a state-of-the art facility that's open for members to use privately with in-house personal trainers, focusing primarily on resistance training.

"We have so many amazing people who train here with us," Diana says. "From corporate workers, mothers and students to elite athletes, including NRL players and professional fighters, as well as fitness models who are well known in Australia and around the world."

As well as training others, the sisters also work hard to stay in the best shape possible.

"Both Diana and I train four to six times per week," Felicia says. "We do a combination of strength and circuit-style training, evenly split over the days. We use weights as our preferred method of training and typically our circuit style sessions are our form of 'cardio' training."

Diana also shares a bit of light-hearted competition with Bas. "He's an elite-level powerlifter and about 12 months ago we set ourselves a little challenge," she says. "This was for me to lift exactly half of the weight that he could lift, as he's exactly twice my weight. We figured this was a fair competition."

Currently Diana has matched Bas' back squat of 280kg with 140kg, is 7.5kg behind his 230kg front squat with 107.5kg, and has passed his 310kg deadlift with an impressive 160kg. "Sebastian has a little catching up to do!" Diana says with a wink.

Check the girls out at **basebodybabes.com**, follow them on Instagram **@basebodybabes** and Facebook at **facebook.com/basebodybabes.** You can also follow Bas **@australianstrengthcoach**

So what's in store for the Base Body Babes in the coming year? "We have so many big dreams that we want to fulfill," Felicia says. "Our goal is to continue to build our empire. At the moment we're focusing on education – we're travelling all over the world, running seminars, teaching women how to 'Build a Base Body'. We also have plans to create a whole range of exciting products to complement our brand, including a line of apparel, which is super exciting."

It looks like this is just the beginning for these two. Watch this space! S

Build a base body!

Want a booty like the Base Body Babes? See over the page for Diana and Felicia's exclusive *SHAPE* squat tutorial.

Build a better behind

MOVE 1: HIGH BAR SQUAT

1. Grabbing the barbell with your hands, place it on the muscles of your upper back (trapezius) and squeeze the shoulder blades together to engage the muscles of your upper back, as shown.

2. Stand with your feet slightly wider than your shoulders and toes pointing slightly outwards. The feet must remain flat on the floor throughout the entire movement.

3. Keep your chest up and look straight ahead.

4. Squat as deeply as your body will allow while still maintaining a neutral spine and perfect posture.

5. Stand back up and repeat the movement again.

MOVE 2: LOW BAR SQUAT

1. Holding the barbell with your hands, place it on the muscles of your upper back as shown (rear deltoids). This is a lower bar position than with the high bar squat. Squeeze the shoulder blades together to engage the muscles of your upper back.

2. Stand with feet slightly wider than your shoulders and toes pointing slightly outwards. The feet must remain flat on the floor throughout the entire movement.

3. Keep your chest up and look straight ahead.

4. Squat as deeply as your body will allow while still maintaining a neutral spine and perfect posture.

5. Stand back up and repeat the movement again.

The squat is a full body compound exercise that works your thighs, hips and butt as well as your quads and hamstrings. To get the most benefit out of your training, it's essential that you get your form spot-on. Here, Diana and Felicia share their technique tips on four basic squat moves – high bar squat, low bar squat, front squat and split squat.

Both girls are wearing adidas adiPower weightlifting shoes. The hard sole of weightlifting shoes is great for stability, while the elevated heel allows the body to remain in the optimal position for a full range squat.

MOVE 3: FRONT SQUAT

1. Holding the barbell with your hands, place it up against your neck. Lift your elbows up, as this will create a shelf for the bar to sit on. (The bar will sit behind the muscles of the deltoids)

2. Stand with your feet slightly wider than your shoulders and toes pointing slightly outwards. Feet must remain flat on the floor throughout the entire movement.

3. Keep your elbows high and look straight ahead throughout the entire movement.

4. Squat as deeply as your body will allow while still maintaining a neutral spine and perfect posture. Ensure your knees follow the same direction as your toes

5. Stand back up and repeat the movement again.

MOVE 4: SPLIT SQUAT

1. Place the barbell on the muscles of your upper back (trapezius) and squeeze the shoulder blades together to engage the muscles of your upper back.

2. Place one foot back, standing on the ball of your back foot while the front foot remains flat on the floor throughout the entire movement.

3. Space your feet slightly apart. Imagine they're on rails, not on a tightrope. (See at right)

4. Keep your chest up, squeeze your elbows back and look straight ahead.

5. Lower back knee down towards the ground while maintaining a neutral spine and perfect posture.

6. Stand back up and repeat.

7. Complete all reps on one side before swapping to the next side.

STEAL THIS MANTRA

"Wear your strength like a badge of honour. #strongissexy"

– Holly Rilinger, Nike master trainer, via Twitter @HollyRilinger

Be fit

Trading laces These new elastic bands by **Hickies** ($19.99, hickies.com.au) not only turn your sneakers into slip-ons that won't come undone, but when strategically placed, they also create the perfect level of snugness for your sport. Running? Go parallel, as shown above. Boot campers, crisscross them for a tighter hold. Or if you're just kicking around town, check the company's website for looser lacing techniques. Pick a colour or three; there are 16 available to elevate your sneaker style.

Shorter intervals, better workout

Plus your sweat session will feel even easier. In a study in *Medicine & Science in Sports & Exercise*, researchers divvied up a 24-minute cardio workout several ways, each with intervals ranging from 30 seconds to two minutes. Though all the patterns added up to the same amount of "work" time, **exercisers who did intervals of one minute or less reported feeling less whipped even though they worked just as hard**. On your next run or ride, try pushing it for 30 seconds a pop.

27%

Percentage of stress reduction on your knees if you pick up the pace from a leisurely 7-minute-kay jog to a five-minute-kay run. The faster you go, the longer your stride and, therefore, the fewer joint-pounding foot strikes you make on your loop.

SOURCE: *Journal of Orthopaedic & Sports Physical Therapy*

Top left: Claire Benoist. Styling by Sarah Guido-Laakso/Hailey Resources. Adidas sneakers, $120, adidas.com. Center: Gallery Stock

EXPRESS WORKOUT

Routine by trainer Keoni Hudoba, creator of the Drenched Method

Rev up the burn

This hot mash-up of martial arts and plyo moves melts calories to the max!

After completing this circuit once, repeat it at a quicker pace, as if you were dancing. Do eight circuits total.

WHAT YOU'LL NEED: a pair of 1-kilo dumbbells or sand weights (shown here)

BREAK THE BOARD
TARGETS butt, legs

- Stand with feet shoulder-width apart, arms by sides, holding a weight in each hand.
- Balancing on left leg, lift right knee to waist level as you raise arms in front of you to chest height, palms down; quickly lower arms to sides (as if pretending to break a board over right knee); return to start.
- Switch legs and repeat to complete 1 rep. MAKE IT HARDER: add a hop on standing leg as you lift opposite knee.
- Do 2 reps.

LOW-HIGH KICK
TARGETS butt, legs

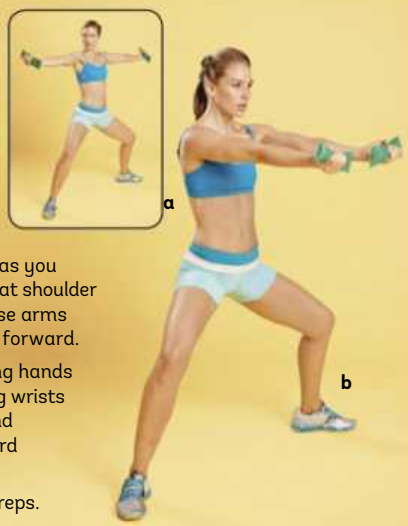
- Stand with feet shoulder-width apart, holding a weight in each hand, fists in front of chin.
- **a.** Balancing on left leg, lift right knee to hip level.
- **b.** Quickly tap right toes on floor, then kick right leg forward to eye level. MAKE IT HARDER: add a hop on standing leg between kicks.
- Switch legs and repeat to complete 1 rep.

BLOCK JAB
TARGETS back, arms, abs, obliques, legs

- Stand with feet shoulder-width apart, holding a weight in each hand, fists by chin.
- Jump, turning 90 degrees to left, and land in a squat with feet wide, hands blocking chin. Punch forward with left arm and then right, then quickly jab left and right.
- Jump, turning 180 degrees to right. Punch forward with right arm and then left, then quickly jab right and left to complete 1 rep.

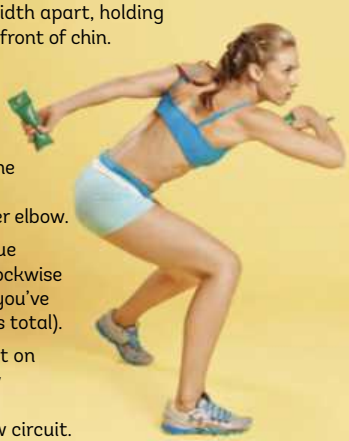
FULL NELSON
TARGETS back, shoulders, arms, butt, legs

- Stand with feet wide, toes turned out, arms in front of thighs, holding a weight in each hand.
- **a.** Lower into a squat as you swing arms out to sides at shoulder level, palms up; then raise arms overhead, palms facing forward.
- **b.** Bend elbows to bring hands in front of chest, rotating wrists so that palms face in, and then extend arms forward at shoulder level.
- Return to start. Do 2 reps.



FLYING SUMO
TARGETS back, shoulders, arms, butt, legs

- Stand with feet shoulder-width apart, holding a weight in each hand, fists in front of chin.
- Pivoting on left foot 90 degrees to left (go from facing forward to facing left), step right leg out to side and lower into a wide-legged squat; at the same time, sweep right elbow forward at shoulder level; lower elbow.
- Remaining in squat, continue pivoting 90 degrees counterclockwise and striking with elbow, until you've completed a full circle (4 steps total).
- Do 2 reps. Next circuit, pivot on right foot, sweeping left elbow forward in clockwise motion. Switch directions for each new circuit.



JASON TODD. HAIR: JAKE DINGLER USING RENE FURTERER FOR ARTISTSBYTIMOTHYPRIANO.COM. MAKEUP: STEFANIE SYAT FOR DIOR BEAUTY AT BA-REPS.COM. MANICURE: FIROZE@FIROZE.COM/PARTS MODELS NYC. CAPEZIO BRA. ELISABETTA ROGIANI SHORTS. UNDER ARMOUR SHOES

She wears: Onzie bra top; Patagonia surf shorts

LEAN, TIGHT, AND *BEACH READY*

That's the beautiful body of a surfer, and with this 20-minute workout that mimics a wave rider's moves (you do it on dry land – no actual board required), it will be *your* body too.

By Jaclyn Emerick Photographs by Nicola Majocchi

"COMPETITION IS A GREAT MOTIVATOR. GO UP AGAINST YOURSELF EVERY TIME YOU DO THIS ROUTINE AND TRY TO INCREASE YOUR ROUNDS," TRAINER ADAM ROSANTE SAYS.

You can bet a surfer's toned arms, sleek back, flat abs, and sculpted legs aren't built in the gym. "Those tight, lean muscles are the result of duck diving and paddling, popping up and down, and working through several planes of motion to stay on the board," explains Adam Rosante, a celebrity trainer who works with a number of pro surfers. Rosante translated all those unique physical demands into fresh moves you can do using nothing more than your body weight. We asked him to put together an exclusive-for-you fat-burning circuit of the most effective exercises from his WaveShape workout DVD set.

"I designed this high-intensity routine to work your body from every angle and challenge your balance as you incinerate a maximum number of calories," Rosante says of the moves, beginning over the page, that he cherry-picked. "It will not only make you look amazing, but it will also help you root out any muscle imbalances." Each motion simulates a surf-specific skill and then takes it up a notch so you get even leaner than you would out on the water. Take, for example, Rosante's signature move, Surfies. With this, Rosante has you do a pop-up (that's the core-carving technique by which surfers rise to their feet from a belly-down position on a board), then a knees-to-chest jump before hustling back down to hit the floor for your next power push off. It's no joke.

Carving your dream summer body is just the first reason to swap out your usual routine and dive into this one. These moves also work magic with your endurance, power, coordination and flexibility – build those and anything you do will feel easier, whether it's exercise, sports or your everyday mad dash. "This isn't your typical plyometric workout; it's a total-body routine grounded in sports conditioning," Rosante says.

Inspired? Your goal is to get in as many rounds of Rosante's nine moves as possible in 20 minutes. The number of rounds you reach is dictated by the work you're willing to put in. "Don't cheat or hold back; go harder than you think you can, because that's when the body-changing results happen," Rosante says. "Just always remember to focus on your form first. Beginners can start off slowly and then increase their pace once they get used to the movement patterns." And forget the wet suit. Make this your go-to workout this month and you'll be wanting to hit the beach in a brand-new bikini instead.

"WHEN YOU REACH THE POINT WHERE YOU FEEL AS IF YOU CAN'T DO ANY MORE WORK, FORCE YOURSELF TO MANAGE ONE MORE REP. JUST ONE. DO IT AND YOU'LL PROVE TO YOURSELF THAT YOU ARE CAPABLE OF MORE THAN YOU THOUGHT," ROSANTE URGES.

Hair by Kerrie Urban/Exclusive Artists Management using Amika Hair Care. Makeup by Nicola Hamilton/Exclusive Artists Management using NARS cosmetics. Prop styling by Abraham Latham/Art Dept

SURFER BODY WORKOUT

HOW IT WORKS

Set a timer for 20 minutes. Do these moves in order for the number of reps indicated – no resting between moves. Repeat the circuit as many times as you can until the clock runs out. Do this routine three or four days a week on alternate days and record the number of rounds you did each time. "Three rounds is average, four is great and anything above that is truly exceptional," Rosante says. Time to see what you can do!

A↑B←C←

1) SURFIES

Works shoulders, chest, biceps, abs, butt, quads, hamstrings

Stand with feet hip-width apart, arms at sides. Crouch, place palms on floor, jump feet back to plank. Lower body to floor **[A]**, then explosively push up and jump feet to hands to land in a staggered stance with left foot forward, knees and elbows bent as if balancing on a surfboard **[B]**. Jump, tucking knees towards chest and bringing palms over knees **[C]**. Land softly to complete 1 rep. Repeat, this time landing with right foot forward. Do 12 reps, alternating sides.

3) CRESCENT LUNGE

Works back, obliques, butt, quads, hamstrings

Stand with feet together, arms at sides. Raise arms overhead. Step left foot back and bend right knee 90 degrees (left leg bends slightly), simultaneously turning torso to right, swinging arms down to outside of right thigh **[shown]**. Return to start. Switch sides and repeat to complete 1 rep. Do 12 reps, alternating sides.

2) RAIL GRAB

Works shoulders, back, abs, butt, quads, hamstrings

Sit on floor with knees bent, feet flat and palms pressing into floor directly below shoulders with fingertips pointing behind you. Lift hips so that body forms a straight line from head to knees. Reach left hand up. Quickly push off right palm and sweep arms to switch positions, landing with left hand on floor and right hand reaching up **[shown]**. Switch sides and repeat to complete 1 rep. Do 12 reps, alternating sides.

4) PADDLE OUT

Works shoulders, back, chest, abs

Start on floor in plank on palms. Extend right arm forward to shoulder height with palm facing down **[shown]**, then sweep it out to right in an arc until it meets right thigh. Drag right palm up alongside body until it's beneath shoulder. Lower hand to floor to return to plank; switch sides and repeat. Do a push-up to complete 1 rep. Do 12 reps.

A↗ B↗

5) POP UP

Works abs, butt, hamstrings

Kneel on floor with legs together and sit back on heels, bending elbows by sides to bring hands in front of chest to start. Swing arms back **[A]**, then forward as you explosively pop up off knees **[B]** to land with feet flat on floor, hip-width apart. Stand tall, pressing hips forward and squeezing glutes. Lower back to start to complete 1 rep. Do 12 reps.

6) BRIDGE KICK

Works abs, butt, hamstrings

Sit on floor with palms flat under shoulders, fingertips pointing forward, legs extended in front of you. Lift hips so that body forms a straight line from head to heels to start. Pull bent right knee toward chest, then press heel back to start. Next, kick right leg up as far as possible **[shown]**, then lower to start. Switch sides and repeat to complete 1 rep. Do 12 reps, alternating sides.

A↓B↓

7) BOAT ROCKER

Works back, abs, quads

Lie facedown on floor with arms extended forward and legs straight to start. Lift chest and thighs off floor, reaching arms and legs long **[A]**. Lower. Roll over left shoulder and rise to sit, balancing on tailbone, extending arms forward and legs up and out so that body forms a V shape **[B]**. Lower to floor and roll over right shoulder to return to start and complete 1 rep. Do 12 reps, alternating sides.

A↗B→

8) JACKKNIFE

Works chest, back, butt, quads, hamstrings, calves

Stand with feet hip-width apart, arms at sides. Hinge forward from hips, reaching arms back and lifting right l eg back until body forms a T shape **[A]**. Explosively jump, driving right knee forward and scooping arms so fingertips meet at chest level (as though you're hugging a barrel) **[B]**. Land softly to complete 1 rep. Do 12 reps. Switch sides; repeat.

A↑B→C→

9) DUCK DIVE

Works shoulders, chest, abs, hamstrings

Start on floor in plank on palms. Press hips up and back so that body forms an inverted V shape (downward-facing dog) **[A]**. Bend elbows and dive head forward **[B]** into the bottom of a push-up with elbows close to sides. Push up to start position **[C]** to complete 1 rep. Do 12 reps. *S*

Work out better in the hot weather

Summer means time to take your routine outside. But these temps! Thrive in the heat with our cooling tricks and gear picks.

By GINA DEMILLO WAGNER

HAPPY TRAILS Grassy parks and tree-lined paths can help keep you from overheating under brutal sun.

Running on a 30-degree day may seem like self-inflicted torture. But it doesn't have to be, and the benefits are great – do it enough and it'll make other workouts feel easier.

"Athletes use exercising in the heat as a secret weapon, because it can improve their cardiovascular function, helping them perform better year-round," says Dr Christopher Minson, the director of the Human Cardiovascular Control Lab at the University of Oregon, US. Dr Minson studied this effect on cyclists and found that those who trained for 10 days in 37-degree temps rode faster with less perceived effort than those in a control group. Practise safe sweat with these tips and you'll actually enjoy a ride or a run in the sun.

BUILD TOLERANCE

Immediately after you exercise in high temperatures, your body produces special protective proteins that go to work reducing inflammation and repairing cellular breakdown from dehydration and small muscle tears, making you stronger and more tolerant of heat and stress with every workout. The key is to acclimate yourself over time.

Dr Minson says: spend a few days progressively increasing your heat exposure – work out in a warm room; sit in a hot tub or a sauna; wear an extra layer of clothing when exercising. Within a couple of weeks, your performance, blood volume and lactate threshold (measures of how fit you are) will improve, Dr Minson explains, and the heat won't feel as hot.

ICE DOWN

The night before a run in the heat, freeze a full water bottle so you can carry it with you as you go. "Holding something cold helps you feel cooler," says ultra trail runner Adam Chase. (If the ice feels too cold, slip something between your skin and the bottle.)

SHOW BEFORE YOU GO

"Precooling is a technique athletes use regularly," says Dr George Havenith, an expert in human thermophysiology at Loughborough University in the UK. By lowering your body temperature before you exercise, you can go longer before you begin to overheat. Take a 10-minute cold shower as close to go time as you can, Dr Havenith suggests. The water should feel chilly but not so cold that you're shivering. Or wet and freeze a towel or a bandanna (or try a cooling neck band, like those at coolweave.com.au) to tie around your neck for a few minutes before you start out or to wear during your workout. Cooling this area of your body – as well as any other where there's increased blood flow to the skin, such as your head, underarms, wrists and groin – can help keep your core temperature down.

> **"Holding something cold helps you feel cooler"**

DOUBLE YOUR DRINKING

To make sure you're not dehydrated, drink 250-350ml of H_2O before you even hit the road. If the air isn't very humid, try sipping hot water instead of cold, Dr Minson suggests, because when hot beverages hit your tongue, nerve receptors send a cool-down signal to the brain. "Your brain is tricked into thinking you're hotter than you actually are, and it activates sweating, slightly cooling you," he says. (Do this 10 minutes before you head out the door.) On the go, drink 250ml every 15 minutes – sticking to a schedule will keep you on top of your hydration – or 350ml if you're a heavy sweater. Switch to a drink with potassium and sodium (try Gatorade) if you're going for longer than an hour, because your body loses those electrolytes through sweat.

EAT SOME CARBS

According to researchers from the University of Castilla–La Mancha in Spain, your body burns more carbohydrates when you exercise in the heat. That's because your muscles require more energy (glycogen) to perform in hot weather. Eat wholegrain toast or a banana an hour beforehand and tote an energy gel for the road. Just hold off on the protein smoothie until postworkout: protein requires more energy to metabolise, so consuming large amounts of it raises your body temperature.

GO OFF-ROAD

If you have a choice between exercising on concrete or soft trails, choose dirt. "Dirt doesn't soak up the sun's heat like asphalt does, so your feet feel less steamy," notes Lisa Jhung, the author of *Trailhead: The Dirt on All Things Trail Running*. "Plus, trails often dip in and out of tree cover, providing natural shade on a hot day."

WEAR A HEART RATE MONITOR

For hot-weather workouts, you want to keep your heart rate at or below 85 percent of your max. This is not the time to push your intensity, so check your heart rate monitor. Minson even recommends staying at just 70 or 75 percent of your max. "Your heart rate tends to climb due to the heat, so you want to watch it," he says. "Plus, it's much slower to drop during recovery periods." S

HEAT SMART

How can you tell when it's just too hot to hit the pavement? Before you go, check the forecast for the day's heat index – a combination of the air temperature and the level of humidity. (That's why a 30-degree day with 50 percent humidity actually feels like 35). A heat index of 35 or above means you should consider keeping your workout indoors, because, according to experts, your risk for heat exhaustion or heat stroke is increased. Seek immediate medical help if you experience symptoms of heat illness, like dizziness, muscle cramps, headache and nausea.

Page 85 and this page: Hair and makeup by Lisa Martensen/Kim Dawson Agency; on-set styling by Kasha Pippin. H&M bra top, Lululemon shorts

Fast track to beach ready!

FULL BODY SHAPE-UP SERIES

Phase 3: PERFECT YOUR BIKINI BODY

In just 10 little minutes, you'll work such magic on your abs, arms, butt and thighs, we bet you'll make this your go-to routine all year round.

By JACLYN EMERICK

Photographs by CHRIS FANNING

Two words: home stretch. If you've been with us from the start of our three-phase Full Body Shape-Up plan, you've shed excess kilos and firmed all over. (If you're just joining us, jump in – you'll tighten up all the right spots.) The next four weeks will get you to your dream body by whipping the top trouble zones into shape.

We tapped Shaun T, the brains behind the fast-working Insanity fitness program, to be your trainer this month for sculpting summer-ready abs, arms, hips and thighs. "Women tend to have a stubborn jiggle in their upper arms," he says, so he built in that dip-and-reach move (below) for rock-solid triceps. And the entire routine will flatten your belly. "Always engage your core and every move becomes an abs move," he explains. "Those muscles should be burning during push-ups, jumps, squats . . ."Better yet, all that super-firming takes only 10 minutes three times a week. "You don't have to work out for an hour to get in bikini shape," Shaun T says. "You can get lean and tight with a 10-minute routine. But every second of it has to count." To hit that intensity, give it everything you've got for 20-second stints as you work through these eight moves. So psych up, and let's bang it out.

YOUR PLAN

Do the first exercise all out for 20 seconds. Rest for 10 seconds. Repeat that combo. Do the same thing for the second, third and fourth moves. Then rest for 1 minute. Repeat this structure for the next four moves. The total workout time is 10 minutes. If you're wiped, you've done enough. If you have some gas left in the tank, go for another round. Do this routine three times a week on alternate days.

YOU'LL NEED

A stopwatch or an app to keep the time. A mat is optional.

A/B ←

1) SCISSORS-STANCE JACK

Works butt, quads, hamstrings, inner thighs

Stand with feet wider than shoulder width and arms by sides. Squat, reaching right fingertips to left foot and left arm back and up with palm facing in to start **[A]**. Jump, crossing right foot in front of left and swinging fingertips to chest level with elbows bent out to sides **[B]**. Land in start position with opposite arms. Switch sides; repeat. That's 1 rep. Continue alternating sides as quickly as you can for 20 seconds. Rest for 10 seconds. Repeat.

A ↓ B →

2) DIP AND REACH

Works triceps, abs, butt, hamstrings

Sit with knees bent, feet flat, palms pressing into floor with fingertips pointing forward. Press into palms (elbows bent back rather than out to sides) to lift butt a couple of centimetres off floor to start **[A]**. Straighten arms, extending and lifting left leg and reaching right fingertips to touch foot **[B]**. Lower to start position. Switch sides; repeat. That's 1 rep. Continue alternating sides as quickly as you can for 20 seconds. Rest for 10 seconds. Repeat.

Hair by Casey Geren/ABTP.com for Oribe; makeup by Jessi Butterfield/Exclusive Artists Management for Colour Pop Cosmetics. Puma sneakers

A/B →

3) GENIE TUCK JUMP

Works butt, quads, hamstrings, calves

Stand with feet together, arms at chest height with right forearm on top of left with elbows bent out to sides. Squat **[A]** to start. Jump as high as you can, tucking knees towards chest **[B]**. Land in start position. That's 1 rep. Continue as quickly as you can for 20 seconds. Rest for 10 seconds. Repeat.

> ***"Do the absolute best you can do, then take a break. It's that simple"***
>
> ***—Shaun T***

A/B ←

4) DIAMOND BACK

Works back, abs, butt

Lie facedown with legs long and elbows bent slightly, fingertips touching and palms facing down. Lift arms, chest and thighs off floor to start **[A]**. Rotate torso towards left, drawing left elbow towards side and looking back towards elbow **[B]**. Return to start position. Switch sides; repeat. That's 1 rep. Continue alternating sides as quickly as you can for 20 seconds. Rest for 10 seconds. Repeat.

REST 1 MINUTE

A/B →

5) OBLIQUE KNEE TAP

Works shoulders, abs, obliques, butt

Start in side plank on right forearm with feet stacked and left elbow bent out to side with palm facing towards feet **[A]**. Draw left knee up to meet left palm **[B]**. Return to start position. That's 1 rep. Continue quickly for 20 seconds. Rest for 10 seconds. Switch sides; repeat.

A/B →

6) PIKE-UP SPIDER LUNGE

Works shoulders, abs, butt, hamstrings

Start in plank on palms. Pull hips up and back so body forms an inverted V (pike position) **[A]**. Return to plank, stepping left foot up to outside of left hand **[B]**. Step foot back and immediately pull hips up and back to pike. Switch sides; repeat. That's 1 rep. Continue alternating sides as quickly as you can for 20 seconds. Rest for 10 seconds. Repeat.

←A/B/C

7) SQUAT LUNGE

Works butt, quads, hamstrings,calves

Stand with feet hip-width apart and arms by sides. Squat, curling fists towards chest with palms facing each other and elbows bent by sides to start **[A]**. Keeping arms fixed, jump into a reverse lunge with left leg back **[B]**, landing with both legs bent 90 degrees **[C]**. Jump back to start position. Switch sides; repeat. That's 1 rep. Continue alternating sides as quickly as you can for 20 seconds. Rest for 10 seconds. Repeat.

8) SWITCH-KICK PUNCH

Works abs, butt, quads, hamstrings

Lie face-up with legs long and hands in fists at chest. Curl head and shoulders up and lift legs to hover above floor to start. Lift left leg straight up, punching right arm towards foot **[shown]**. Lower to start position. Switch sides; repeat. That's 1 rep. Continue alternating sides as quickly as you can for 20 seconds. Rest for 10 seconds. Repeat. *S*

Lose THE WEIGHT FOR GOO

By Mary Christ Anderson • Photographs by Miko Lim

DD Part 2

HERE'S THE PLAN THAT WILL GET IT DONE. OUR TESTERS SHED UP TO FIVE KILOS AND SHRANK TWO SIZES IN JUST ONE MONTH, SHAVING CENTIMETRES FROM ABS TO CALVES. YOUR TURN.

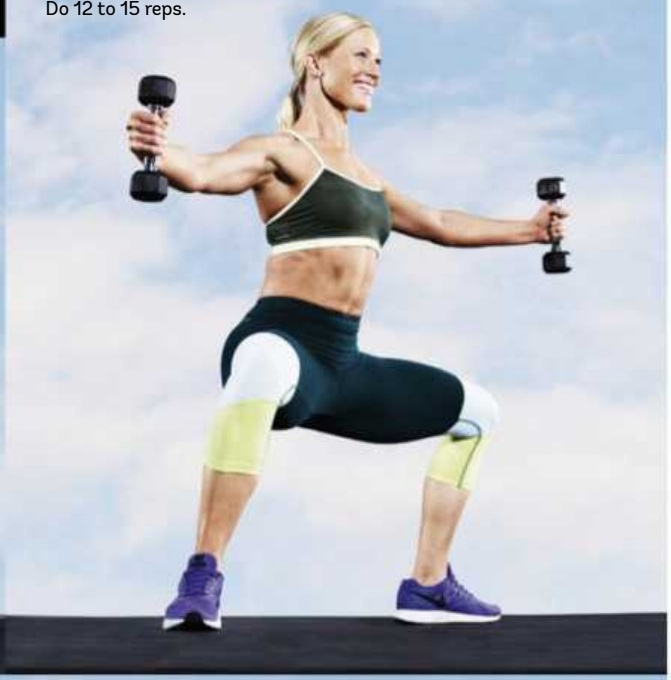
GET TIGHTER

Minicircuit 1 Do two to three circuits of these four moves, then finish with this Tabata drill:
- Do 20 seconds of dumbbell jacks (stand holding dumbbells in front of shoulders, elbows bent and palms facing each other; jump feet apart as you press weights overhead, then return to start and repeat); rest 10 seconds.
- Do 20 seconds of punches with dumbbells in hand; rest 10 seconds.
- Repeat the jacks-punches series once more.

SUMO JACK

TARGETS SHOULDERS, BUTT, INNER THIGHS

- Stand with feet wide, toes turned out slightly, holding a dumbbell in each hand with arms extended out to sides, palms facing forward.
- ▼ Lower into a plié squat, bending knees 90 degrees, then stand up, raising arms (in an arc motion) overhead.
- Return to squat, lowering arms, and repeat. Do 12 to 15 reps.



TRICEPS PUSH-UP

TARGETS SHOULDERS, CHEST, TRICEPS, ABS

- Start on ground in plank position, arms straight and body balancing on palms and toes.
- ▼ Keeping arms close to sides, bend elbows to lower chest towards ground.
- Press up and repeat. Do 12 to 15 reps.

MAKE IT EASIER Do modified push-ups on knees.

SCISSOR PLANK

TARGETS ABS

- Start in side plank position: lie on ground on your left side, bent left elbow on ground propping up torso and hips, feet slightly staggered, left in front of right and resting on top of gliding discs or hand towels; raise right arm directly up.
- ▼ Keeping hips lifted, slide left foot forward and right foot back simultaneously.
- Return feet to starting staggered position and repeat. Do 15 to 20 reps; switch sides (lying on right side to perform side plank, right foot staggered in front of left) and repeat.

MAKE IT EASIER Simply hold each side plank for 30 seconds.

ARABESQUE LUNGE

TARGETS BUTT, LEGS

- Stand with feet hip-width apart behind a chair or a table, hands resting lightly on seat back or tabletop.
- Lunge back with right leg, bending both knees 90 degrees.
- ▼ Press through left foot to stand up, raising right leg behind you.
- Return to lunge and repeat. Do 15 reps. Switch sides; repeat.

PHOTOGRAPHS BY JAMES FARRELL

You'll be hooked on the insta-trim effect you feel with this workout. "There are more reps and less rest, but newcomers can swing it, too," says Amanda Butler (seen below), the expert trainer for BFX Studio in New York City who's guiding you through your transformation. You'll need a set of one- to three-kilo hand weights and gliding discs or hand towels to do the minicircuits below. Fit this routine in three days a week (though not back-to-back) with your cardio to reveal your goal body by the end of the month.

Minicircuit 2 Do two to three circuits of these four moves, then finish with the same Tabata drill as on the previous page:

- Do 20 seconds of dumbbell jacks; rest 10 seconds.
- Do 20 seconds of punches with dumbbells in hand; rest 10 seconds.
- Repeat the jacks-punches series once more.

BOOTY BLASTER

TARGETS BUTT, HAMSTRINGS

- Lie face-up on ground with arms by sides, knees bent and heels resting on gliding discs or hand towels.
- Lift hips, body forming a straight line from shoulders to knees.

▼ Keeping hips as high as possible, slowly extend legs, sliding heels forward on ground.

- Slide heels back in, bending knees 90 degrees. Do 15 to 20 reps.

MAKE IT EASIER
Slide or step just one leg forward at a time.

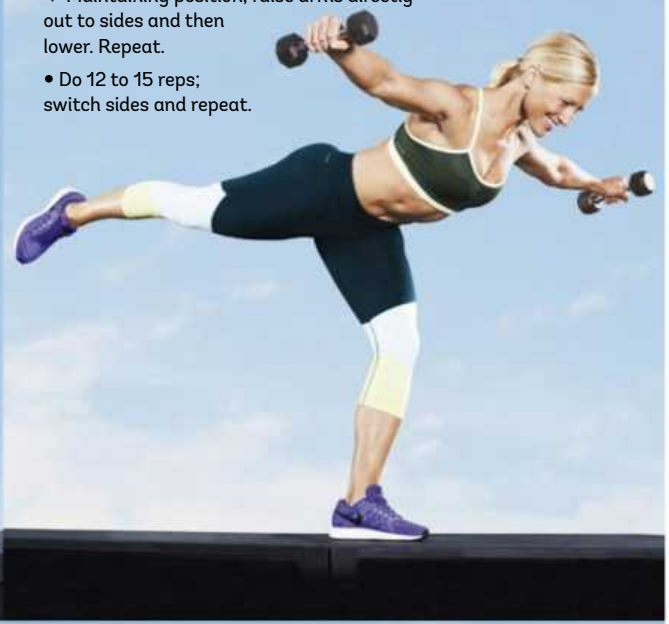
REVERSE-FLYE BALANCE

TARGETS BACK, SHOULDERS, ABS, BUTT, HAMSTRINGS

- Stand with feet hip-width apart, holding a dumbbell in each hand.
- Hinge forward from hips as you raise right leg behind you so body is parallel to ground from head to right heel, arms extending down with palms facing each other.

▼ Maintaining position, raise arms directly out to sides and then lower. Repeat.

- Do 12 to 15 reps; switch sides and repeat.



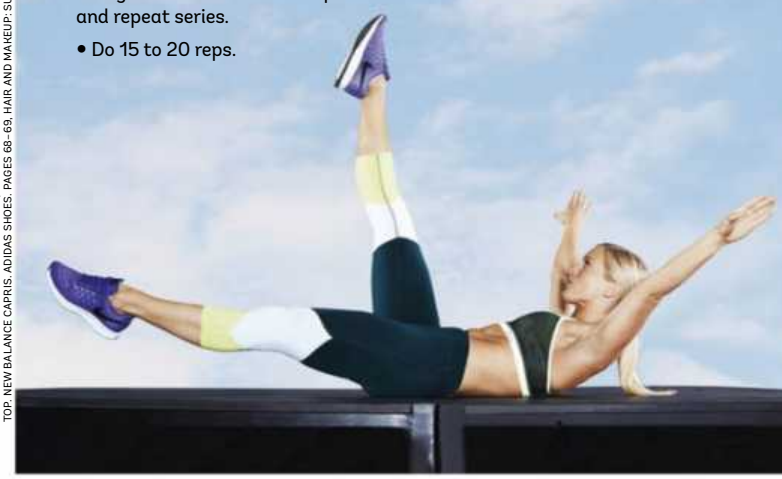
AB-CINERATOR

TARGETS ABS

- Lie face-up on ground with arms by sides, knees bent and feet flat.
- Crunch up, lifting feet off ground and lightly hugging knees to chest.
- Keeping head lifted, extend legs diagonally up and reach arms above head.

▼ Scissor legs twice, lifting right leg as you lower left, then switching leg positions.

- Hug knees to chest in tuck position and repeat series.
- Do 15 to 20 reps.



ROUNDHOUSE PLIÉ

TARGETS HIPS, BUTT, INNER THIGHS, OUTER THIGHS

- Stand with feet wide, toes turned out slightly, arms out to sides. (For balance, stand with left side next to a chair and rest left hand on seat back.)

▶ Lower into a plié squat, then stand up on left leg, raising bent right knee and tracing a large circle with it: Bring knee across body, then out to right side and down to return to plié squat. (Sweep right arm in same circular motion: across body, then overhead and out.)

- Do 12 to 15 reps; switch sides and repeat.

PAGES 66–67 AND 70, HAIR: ELOISE CHEUNG/WSM USING AVEDA. MAKEUP: AKIKO OWADA. STYLIST: JULIE CHEN. MODEL: JULIE NELSON/WILHELMINA FITNESS. PAGES 66–67: ADIDAS BRA, ASICS SHRUG TOP, NEW BALANCE CAPRIS, ADIDAS SHOES. PAGES 68–69, HAIR AND MAKEUP: SUZANNE KATZ/ARTISTS AT WILHELMINA FOR NUMBER 4 HAIR CARE. REEBOK BRA, REEBOK CAPRIS, NIKE SHOES

GET LIGHTER

No need to toss your cardio workout to see results – just tweak it. "Keep doing what you like, but alternately step up the intensity long enough to challenge yourself and slow down long enough to catch your breath," trainer Amanda Butler says. That simple high-low switch-up can increase the fat blast of a steady session that hasn't been delivering. A Spin or Zumba class can fit the bill; simply aim to sweat it out a little longer, 25 minutes or more three times a week. Or try Butler's compact cardio routines, mapped out here. Ready? Then burn, baby, burn.

FOR ROWERS

Using moderate resistance, row for 3 minutes at a high intensity, followed by 2 minutes at an easy pace. Complete the combo 5 times.

FOR STAIR CLIMBERS

Go slow with a challenging resistance for 3 minutes, then lower the resistance and speed up for 2 minutes. Complete the combo 5 times.

FOR TREADMILLERS

Jog for 3 minutes at a 0 incline, then increase the incline to 6 percent for 2 minutes (run at a pace of 9.5 to 15km per hour). Return to a 0 incline for 1 minute (at a pace of 6 to 8 km/h) and repeat combo 7 times. Cool down for 1 minute.

FOR RUNNERS

Jog or run at a moderate pace for 3 minutes, then sprint for 1 minute. Complete the combo 6 times for a total of 24 minutes, then walk it off for 1 minute to cool down. S

Shot on location at the Bartow-Pell Mansion Museum in the Bronx, New York

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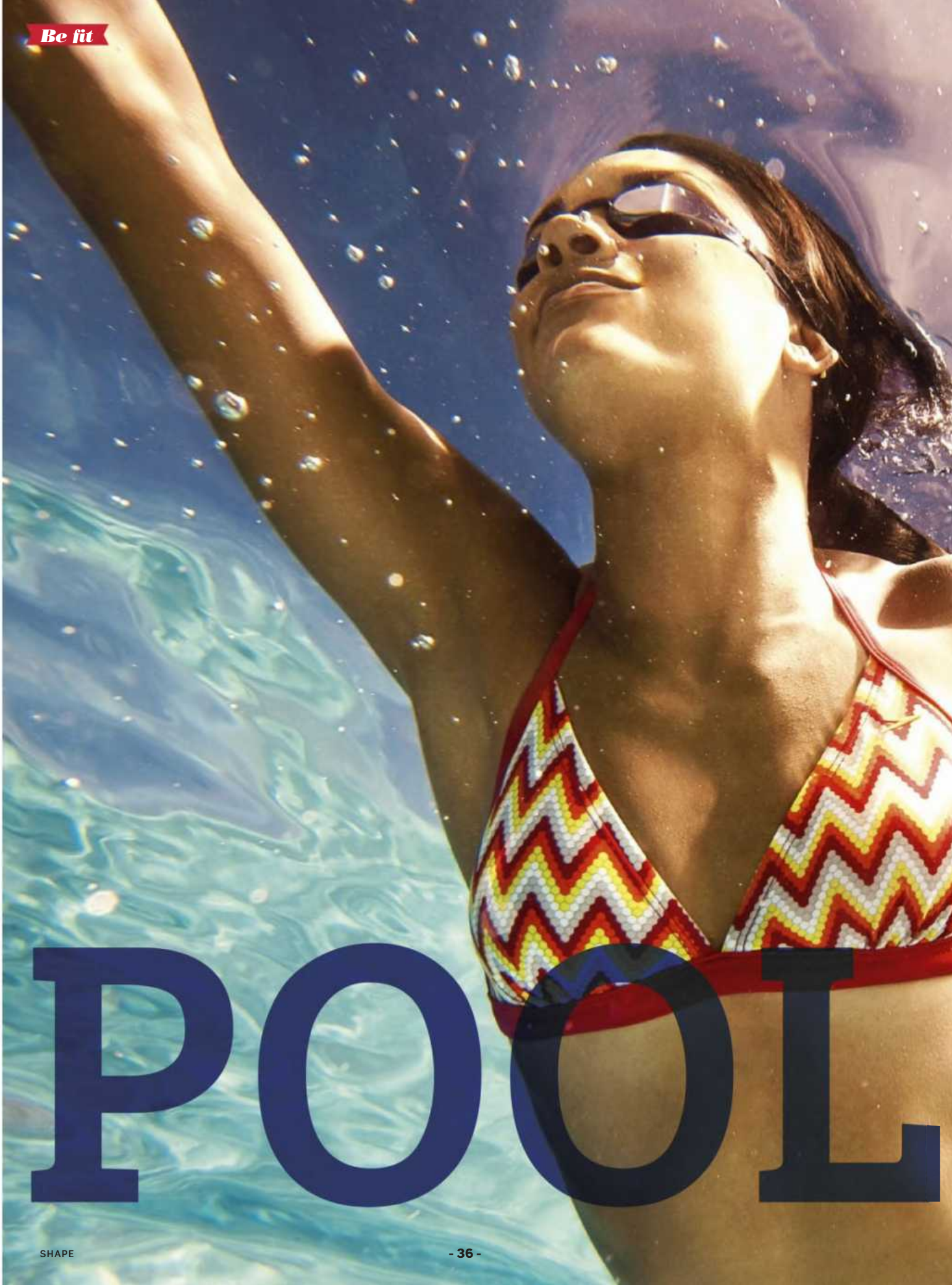


POOL

SCULPT A CRAZY-HOT BODY WITH THIS COOL DOUBLE-DIP TRICK

Just adding water will turn up the firming and burning power on your repertoire

BY KELLY MICKLE PHOTOGRAPHS BY MATT HAWTHORNE

IT!

Why fry in scorching summer temps when the fastest way to rock a cute suit is to tone below the water's surface? "The key is that water offers heavy resistance," says Igor Porciuncula, the co-founder of Boot Camp H_2O in the US – 12 times the resistance of air to be exact. That means your moves engage more muscle fibres and burn more calories in a shorter amount of time. Snag a kickboard from poolside – we used a Bettertimes Hydro model – and do Porciuncula's shape-and-shred circuit twice through for sexy arms, tight abs, trim thighs and zero dripping sweat.

MAKE IT EASIER Skip knee tuck and simply hold V position for 1 minute.

1. AQUA TEASER

Targets shoulders, arms, abs, hips

◀ Standing in shallow end, simultaneously sit back into water, treading with hands out to sides, and lift both legs together so that you fold at hips to create a wide V shape, with head and toes just above surface.
•Quickly bring knees to chest – or bring legs as straight as you can towards chest to make V less wide – then extend legs to return to V position.
•Do 15 to 20 reps. Continue treading with hands for 1 minute.

2. SIDE BURPEE

Targets abs, obliques, hips, legs

• In deep end, hold on to edge of pool with right hand so that body is perpendicular to edge; tuck knees into chest to place both feet flat (right stacked above left) against side wall of pool as high as possible.

◀ Maintaining hand grip throughout, jump feet off wall and extend legs as you engage abs to bring body as parallel to surface as possible in a side-plank position (left hip now stacked above right). Return to tuck and continue for 1 minute.
• Switch sides and repeat for 1 minute.

3. WATER TAXI

Targets back, shoulders, arms, chest, abs

• Sit on kickboard with knees together, legs dangling or skimming bottom of pool.
▶ Extend arms in front of you, palms facing away from each other, then sweep arms out to sides (as if doing a breaststroke).
• Continue stroking across pool for 30 seconds, then switch stroke to go in opposite direction: Bring arms out to sides with palms facing forward, elbows slightly bent, then sweep arms together in front of you. Continue for 30 seconds, squeezing shoulder blades as you push forward and back.

HAIR: STEVEN HOEPPNER USING L'OREAL PARIS. MAKEUP: CARRIE LAMARCA/ARTISTS BY TIMOTHY PRIANO FOR MAKE UP FOR EVER. MODEL: TAYLOR WALKER/MEGA MODEL MANAGEMENT. SPEEDO BIKINI AND GOGGLES

4

MAKE IT HARDER Hold kickboard horizontally and completely submerged.

5

TRAINER TIP Your whole body should crack like a whip; initiate the movement from your core, not your legs.

6

TRAINER TIP Splash as little as possible to ensure you're focusing on your core and arms.

4. TOMBSTONE KICK

Targets back, arms, abs, butt, legs

• With your back to edge of pool, hold kickboard with both hands so that it's vertical (rounded edge up) and half of it is below surface of water.
◀ Push off wall with feet, holding kickboard in tombstone position, and kick as hard as you can toward opposite side of pool.
• Continue for 1 minute.

5. DOLPHIN TAIL

Targets abs, legs

• Tread water in deep end of pool, arms out to sides and legs extended beneath you.
◀ Engaging abs, squeeze legs together and sweep them backwards, bending knees slightly, then quickly extend them forward (like a dolphin's tail); counterbalance motion by sweeping arms through water in opposite direction of legs.
• Continue for 1 minute.

6. THE WASHBOARD

Targets back, shoulders, arms, abs

◀ In rib-deep or waist-deep water, stand with feet wide, grasping each end of kickboard with thumbs on top; hinge forward from hips 45 degrees with back flat and elbows bent by sides so that board is in front of chest.
• Push kickboard diagonally down under water, extending arms and squeezing abs, then bend elbows to scoop board back up to chest like a biceps curl.
• Continue for 1 minute.

7. VERTICAL BREASTSTROKE

Targets abs, butt, hips, inner thighs

• Treading water in deep end, grasp each end of kickboard and hold it above your head.
• Extend legs below you.
▶ Flexing feet, bend knees to bring heels towards butt and quickly press legs down and diagonally outwards to thrust body out of water a bit, toes pointed.
• Extend legs below you; repeat for 1 minute.

8. DECK DIP

Targets triceps, abs, obliques

▶ Begin with your back facing side wall of pool and place palms on edge behind you, fingertips facing forward; bend left knee to place left foot flat against wall and raise straight right leg to hip height in front of you.
• Straighten arms to lift out of water; lower to start.
• Do 10 reps; switch legs and repeat.

MAKE IT EASIER If holding the kickboard overhead is too difficult, just raise hands above head or let them float by sides.

MAKE IT EASIER Keep both knees bent and both feet flat on wall. (If your butt scrapes the edge, you can also do this in corner of pool.)

Amazing ABS

Give us 16 crunch-free minutes. We'll give you a sexy belly you'll dare to bare all summer long.

By Mary Christ Anderson | Photographs by Sam Robles

THERE'S NOTHING MORE SUPERFLY THAN TIGHT ABS IN A TWO-PIECE

Your trainer Anna Kaiser has got 'em (witness them here), and you will, too, in a hot second, with no gym, no crunches, no kidding. She sweated the scientific stuff – her routine will work your core every which way that trims – to put the squeeze on any muffin top "in a more sassy, more creative, more fun way than before," says Kaiser, who selected key moves from her own online workout series. Inside tip: "Keep your core engaged, pulling your navel to your spine, for each set," and do three circuits per session. There's a reason the dance-sculpt sweatfests at her AKT InMotion studio in New York City are a disco ball–lit hit with Kelly Ripa, Sarah Jessica Parker and Shakira. We're talking results, people! Now it's your turn.

New attitude ▶

Targets abs, legs

- Stand with feet slightly wider than s houlder width, arms by sides.
- **a.** Lower into a squat as you side-bend at waist to right, bringing right elbow towards right knee and reaching left arm overhead.
- b. Press off right foot to stand on left leg, bending right leg behind you as you reach back to tap right foot with left hand and extend right arm overhead.
- Return to side-bend position.
- •Do 10 reps; switch sides and repeat.

MAKE IT HARDER
Hold a 1- to 3-kilo dumbbell in each hand.

▲Twisted teaser

Targets abs

- Lie face-up on ground, arms extended behind head, palms up.
- Engage abs to sit up as you sweep arms out to sides, bringing bent left knee in towards chest and rotating torso to left.
- Reverse motion back to start.
- Do 10 reps; switch sides and repeat.

MAKE IT HARDER
Hold a 1- to 3-kilo dumbbell in each hand.

◀Paper doll

Targets abs

- Stand with feet wide, right foot pointing forward, left foot pointing left.
- Side-bend to left, hinging at waist 45 degrees, and extend arms overhead (close to ears), palms facing each other.
- Maintaining side bend, bend elbows 90 degrees at shoulder level (like a goal post), then slowly extend arms back overhead.
- Do 10 reps; switch sides and repeat.

HAIR: STEVEN HOEPPNER/ABTP USING L'ORÉAL PARIS. MAKEUP: TARYLL ATKINS/ABTP. MODEL: ANNA KAISER/AKT INMOTION. RETOUCHING: DAVE HARTMAN. BEYOND YOGA BRA. UNDER ARMOUR SHORTS. NEW BALANCE SHOES

▲Skater

Targets shoulders, back, abs, butt, legs

- **a.** Start on ground on your right side in a modified side plank, torso propped up on extended right arm and left knee bent 90 degrees with foot flat on ground; lift hips and squeeze left glute so that body balances on right palm and left foot with right leg extended slightly in front of you, foot resting on ground, then reach left arm toward sky.
- **b.** Bring left elbow and right knee towards each other as you hinge at waist into a tuck position (bent right leg is under body with toes – not knee – on ground).
- Return to modified side plank and repeat, alternating between side plank and tuck.
- Do 10 reps; switch sides and repeat.

▼Windmill

Targets back, abs, butt, legs

- Stand with feet slightly wider than shoulder width, arms by sides.
- Lower into a squat, hinging torso forward 45 degrees from hips.
- Maintaining squat, extend arms out to sides, palms down, and rotate torso to right so that right arm points directly up, left arm points down.
- Next, rotate torso to left (left arm points up, right arm down).
- Do 20 reps, alternating sides.

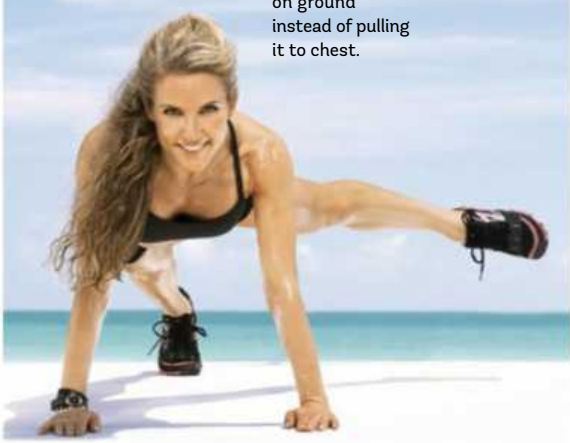
MAKE IT HARDER Hold a 1- to 3-kilo dumbbell in each hand.

▼Peg leg

Targets shoulders, back, abs, butt

- Start on ground in full plank position, balancing on hands and toes, arms extended.
- Raise left leg, bending knee towards chest (keeping foot off ground); then slowly extend left leg diagonally out to side, parallel to ground (hips remain level throughout).
- Slowly return to bent-knee position.
- Do 10 reps; switch sides and repeat.

MAKE IT EASIER Rest left knee on ground instead of pulling it to chest.



A
B

MAKE IT EASIER
Rest left knee on ground between reps rather than tapping left foot to right inner thigh.

▲Flying passé

Targets shoulders, back, abs, legs

- **a.** Start on ground in side plank position, torso propped on extended left arm, hips and legs stacked with right foot flat on ground, right hand on hip; bend left knee so that left foot taps right inner thigh (near knee).
- **b.** Slowly extend left leg behind you as you rotate hips so that navel faces ground.
- Bring left foot to tap right inner thigh again as you rotate back to side plank, without touching left foot down.
- Do 10 reps; switch sides and repeat.

▼Flutter kick

Targets abs, inner thighs

- Lie face-up on ground, arms by sides, palms up; lift head (chin tucked), shoulders and arms a few centimetres off ground.
- Raise feet about 60cm off ground with toes pointing out, and alternately cross left heel over right, then right over left (keep spine neutral throughout; no arching or flattening lower back to ground).
- Do 20 reps, alternating sides.

Found!

THE PROPER WAY TO PLANK

It began with a question: What's the cinch-iest way to plank? Rather than guess, exercise physiologist Dr Michele Olson put it to the test. (*Love* that!) In her lab at Auburn University at Montgomery, US, Olson had 20 testers (15 women, five men), their mid-sections pasted with electromyogram sensors, perform a full plank (balancing on palms and toes with arms extended), a forearm plank (on forearms) and a chaturanga yoga pose (on palms with elbows bent by sides). Here's how the three positions stacked up.

1. FOREARM PLANK

This position lit up the rectus abdominus (aka the six-pack) and the obliques the most. Why? According to Dr Olson, "when you're resting on your elbows, you can't recruit upper-body muscles as much."

2. FULL PLANK

This ranked second-best for firming the rectus. "The chest muscles kick in a little more support in this position," Dr Olson says.

3. CHATURANGA POSE

This yoga staple is still a great core move – it tied with the full plank for targeting the obliques – but muscles like the triceps, biceps, rear deltoids (shoulders) and lats (midback muscles) take some of the heat off your abs, Dr Olson explains. *S*

Be nourished

SUMMER'S *signature* COCKTAILS

It's about time juicing met boozing. Vegies have fast become a new favourite among bartenders for the earthy notes and nutrients they bring to mixed drinks. Treat yourself to one of the blends below for a twist on your usual cocktail; it's up to you whether you juice your own produce or go with a bottled version.

SUPERFOOD SPOTLIGHT

Baobab

This African export is the latest exotic fruit poised to match acai and goji berries in popularity, thanks to its powerhouse health properties. It's high in fibre and vitamin C, rich in minerals and electrolytes, and has loads more antioxidants than blueberries. Despite a passing resemblance to mango, baobab is more like a gourd and not the type of fruit you can sink your teeth into; it comes to you as a tangy powder to mix into water, smoothies or juice (**Pure Raw Baobab Powder**, $27, thebaobabco.com.au) or as a skin product (**Baobab Oil**, from $20, baobabfruitaustralia.com).

EMERALD: 30ml tequila + 15ml St. Germain + 60ml green juice + a splash of lime juice + a pinch of salt (**Green juice:** 3 celery ribs + 2 kale leaves + ½ cup apple juice + ¼ fennel bulb + ¼ cucumber + 3 dashes celery bitters + a pinch of sugar)

CHERRY-TOMATO: 60ml gin or vodka + 30ml lemon juice + 15ml agave syrup + 3 or 4 cherry tomatoes, halved and muddled + 3 strawberries, halved and muddled

COPPER: 30ml gin + 15ml Cointreau + 60ml carrot juice + a splash of lemon juice + a pinch of salt (**Carrot juice:** 4 carrots + 4 parsnips + 2 oranges + 1 knob turmeric + 5cm ginger)

CUCUMBER: 60ml cucumber vodka + 15ml simple syrup + 15ml lime juice + ¼ cup cubed cucumber, muddled + a pinch of cayenne pepper to garnish

RUBY: 30ml bourbon + 15ml amaro + 45ml beetroot juice + a splash of lemon juice + a pinch of salt (**Beetroot juice:** 1 cup beetroot juice + 4 parsley sprigs + 1 cup apple juice + 2 dashes bitters)

Baobab by iStock. Drinks photograph by Travis Rathbone. Food styling by Matt Vohr/Halley Resources; prop styling by Sarah Guido-Laakso/Halley Resources

Warm coconut roasted vegetables & barley salad

Try this simple, easily-prepared salad that's not only delicious but good for you, too. Choose fresh, in-season vegetables to make it your own.

Serves: 4

Preparation time: 30-40 minutes

3 tbsp Tablelands Coconut Spread

1 tbsp Moroccan seasoning

1 tsp cumin seeds

600g roasting vegetables (heirloom carrots, beetroot, sweet potato, pumpkin, parsnip, red onion)

¾ cup barley, cooked and drained

DRESSING

1 tblsp Tablelands Coconut Spread, melted

1 lemon zested and juiced

½ tsp Moroccan seasoning

¼ cup white balsamic vinegar

½ tsp brown sugar

Pinch salt

¼ cup water

2 tbsp mint leaves, finely sliced

FOR GARNISHING

•Mint leaves to serve

1 Pre-heat oven 170°C

2 Melt the coconut spread in a small saucepan together with the seasoning and cumin seeds.

3 Place the prepared vegetables in a large bowl and toss the coconut spread mixture over the vegetables, coating well.

4 Arrange the vegetables in a baking dish lined with baking paper.

5 Roast the vegetables in the pre-heated oven for 30 – 40 minutes until cooked and tender. Remove and cover with foil to keep warm.

6 Combine the dressing ingredients in a small jar and shake well.

7 Place the barley into a large serving dish and pour over the dressing. Toss the roasted vegetables through the barley and serve warm or cold.

8 Serve garnished with mint leaves.

Notes: quinoa, burghal, brown rice or freekeh wheat maybe used in place of barley. For more about coconut spread, head to tablelandsspreads.com.au

TIME TO GET fresh

Summer's vibrant foods are bursting with flavour. Make the most of them.

Recipes by Genevieve Ko Photographs by Sang An

Strolling through the farmers' market for fresh fruit and vegetables is one of the pure joys of summer. Right now, you're seeing an abundance of luscious tomatoes, corn, peaches, zucchini, watermelon and basil – the season's best, ripest offerings. So we created recipes that encourage you to shop your heart out and then take those ingredients to a whole new level of deliciousness. Feel free to mix and match and swap in some of your other seasonal favourites – the possibilities are endless.

Mediterranean-spiced tomato salad

Serves: 6

Cook time: 6 minutes

Total time: 25 minutes

- ½ cup hazelnuts
- 1 tablespoon coriander seeds
- 2 teaspoons cumin seeds
- 1 teaspoon fennel seeds
- 2 tablespoons sesame seeds
- ¼ teaspoon smoked paprika
- ¾ teaspoon salt, plus more for seasoning
- 1 tablespoon ground sumac
- 1 tablespoon warm water
- 1.1 kilos mixed heirloom tomatoes
- 2 tablespoons fresh lemon juice
- 1 tablespoon white wine vinegar
- 1 tablespoon honey
- 1 small garlic clove, minced
- 3 tablespoons extra virgin olive oil
- 1 cup fresh flat-leaf parsley leaves
- 1 cup fresh coriander leaves

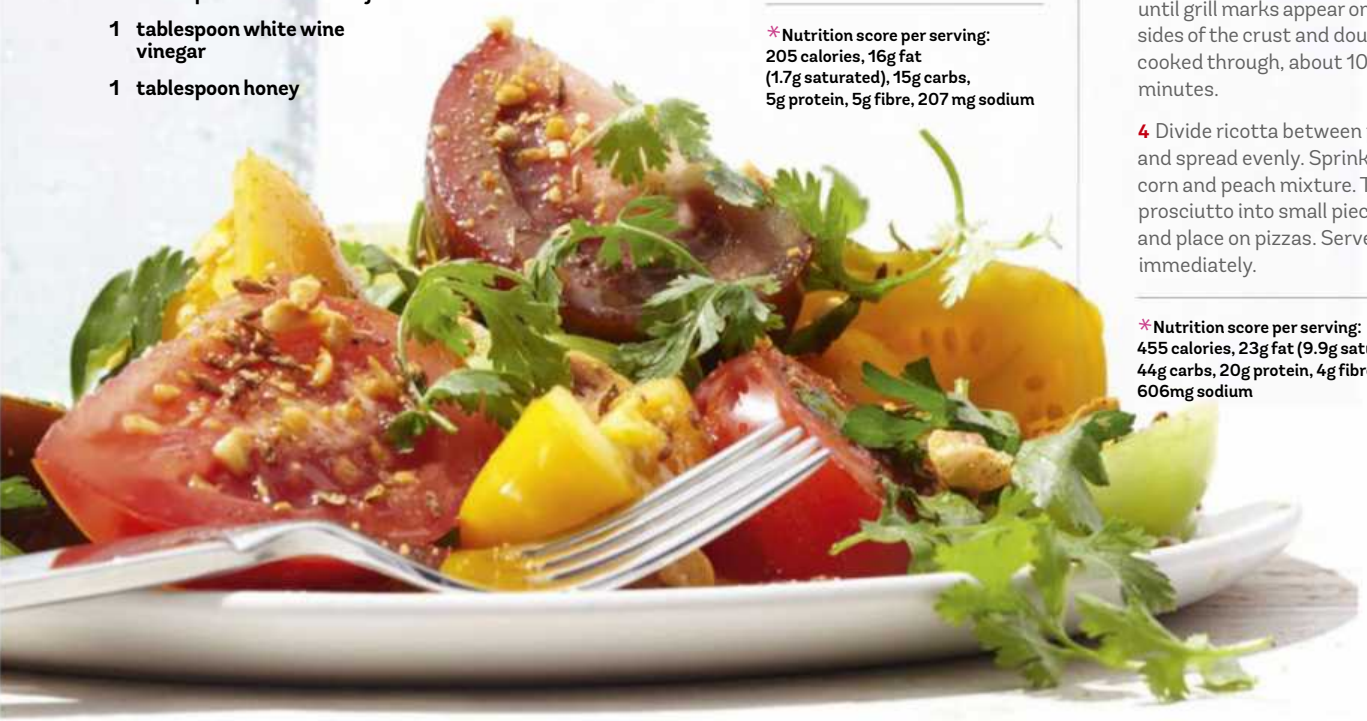
1 In a frypan over medium heat, toast the hazelnuts, shaking the pan occasionally, until dark golden brown, 3 to 4 minutes, and then wrap nuts in a clean kitchen towel. To the same pan, add coriander, cumin and fennel seeds and toast, tossing, until fragrant, golden brown, and popping, about 45 seconds, and then transfer to a food processor. To the same pan, add sesame seeds and toast, tossing, until evenly golden brown, about 1 minute, and then put them in a medium bowl.

2 Rub hazelnuts with the towel to remove most of the skin. Add to food processor with spices and pulse until nuts are chopped. Transfer mixture to the bowl with the sesame seeds; add smoked paprika and ½ teaspoon of the salt and stir.

3 In a large bowl, whisk sumac with warm water and set aside. Cut large tomatoes into 15cm wedges and smaller ones (like grape and cherry) in half; set those aside as well.

4 To the sumac mixture, add lemon juice, vinegar, honey, garlic, oil and remaining ¼ teaspoon salt; whisk together. Add tomatoes, parsley and coriander and gently mix. Season to taste with salt and top with the nut mixture. Serve immediately.

*Nutrition score per serving: 205 calories, 16g fat (1.7g saturated), 15g carbs, 5g protein, 5g fibre, 207 mg sodium



Grilled corn and peach pizza

Serves: 6

Cook time: 22 minutes

Total time: 50 minutes

- 3 ears corn, shucked
- 2 large peaches, diced
- 1 tablespoon white balsamic vinegar
- 1 teaspoon fresh thyme leaves
- 3 tablespoons extra virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 340g wholemeal pizza dough, divided in half
- 2½ cups ricotta
- 6 slices prosciutto

1 Heat an outdoor grill to medium high. Grill corn, turning occasionally, until blackened in spots and tender, about 12 minutes. Transfer to a cutting board. When cool enough to handle, cut off kernels.

2 Meanwhile, in a medium bowl, toss together peaches, balsamic vinegar, thyme, 1 tablespoon of the oil, salt and pepper.

3 Roll each dough half into a thin rectangle. Rub 1 tablespoon oil on each piece, lightly coating both sides. Grill, turning once, until grill marks appear on both sides of the crust and dough is cooked through, about 10 minutes.

4 Divide ricotta between pizzas and spread evenly. Sprinkle with corn and peach mixture. Tear prosciutto into small pieces and place on pizzas. Serve immediately.

*Nutrition score per serving: 455 calories, 23g fat (9.9g saturated), 44g carbs, 20g protein, 4g fibre, 606mg sodium

Because your grill gets so much hotter than your oven, this crust tastes just as good as one from a pizzeria

Make extra pickles and enjoy them on salads and sandwiches; they'll last about a week in the refrigerator. You can also quick-pickle cucumbers, onions, radishes and capsicum

"Fried" chicken with pickled watermelon and tomatoes

Serves: 6

Cook time: 20 minutes

Total time: 1 hour

- ½ baby seedless watermelon
- 4.5 cups yellow grape tomatoes
- 4 basil sprigs, plus more leaves, thinly sliced, for serving
- ½ teaspoon red pepper flakes
- ¾ cup apple cider vinegar
- 1 tablespoon sugar
- ½ cup water
- 2 tablespoons plus ¼ teaspoon salt
- 1 lemon
- 1¼ cups panko bread crumbs
- 2 tablespoons canola oil
- 2 teaspoons cajun seasoning
- 12 chicken tenders (about 600g)
- ¼ cup buttermilk
- ¼ teaspoon black pepper

1 Preheat the oven to 220°C. Line a rimmed baking tray with foil and place a rack on it.

2 Cut away watermelon peel, leaving a little of the white rind, and slice into 3-by-1.5cm spears. Cut a small slit in each tomato. To a large bowl, add tomatoes, watermelon, basil sprigs and red pepper flakes.

3 In a medium saucepan, combine vinegar, sugar, water, 2 tablespoons of the salt and a strip of lemon peel (remove with a vegetable peeler). Bring to a boil, stirring, and then pour over the watermelon and tomatoes; fold gently to coat. Set aside while you prep chicken, stirring occasionally.

4 In a shallow dish, stir together bread crumbs, oil and cajun seasoning. In a medium bowl, combine chicken, buttermilk, ¼ teaspoon salt and black pepper and mix to coat. Dredge chicken in bread crumb mixture; press to adhere. Bake on rack until cooked through and golden, 15 to 20 minutes.

5 Slice chicken and arrange on six plates with pickles. Garnish with basil and lemon zest; serve with lemon wedges if desired.

***Nutrition score per serving: 256 calories, 8g fat (1.1g saturated), 16g carbs, 28g protein, 1g fibre, 661mg sodium**

Food styling by Christine Albano/BrumiConlon; prop styling by Emily Mullin/Kate Ryan, Inc.

MEET SOME NEW FARM FOODS

Foreign, even funny looking, yes, but so worth adding to your summer dining rotation

Sun jewel melon

This variety is sweet and crisp, and it's packed with vitamins A and C and fibre. Use it in smoothies and salads, or blend it with coconut milk to make a cold soup.

Dragon tongue beans

Don't let their name scare you. These colourful beans are in the same family as peas and lentils and are high in protein. You can eat the entire pod (there's no need to shell). To keep their vibrant purple spots from fading, try them raw or barely cooked as crudités or in a grain bowl.

Okra

The high-fibre vegie pairs well with strong flavours, making it perfect for Indian dishes or in gumbo. It contains a substance that acts as a natural thickener; this is what gives okra its reputation for being slimy. Cooking okra whole prevents this liquid from being released. Roasting, rather than sautéing or steaming, can also help keep it dry.

Ground cherries

Also called cape gooseberries because of their papery wrapping, these relatives of the tomatillo have a sweet-tart taste, similar to pineapple with a hint of tomato. They're typically used in jams or pies but also work well in salads and salsas. Just be sure to peel off the wrapper (it's toxic) and wait until the fruit is yellow-orange before you eat it.

Kohlrabi

This knobby vegetable in the cabbage and broccoli family is a nutritional powerhouse, loaded with vitamins, minerals and phytochemicals, which studies show may help prevent cancer. Kohlrabi comes in green and purple varieties, tastes slightly sweet and has a crunchy texture. Look for small bulbs; chop them up to use raw in a slaw or to roast with a little olive oil.

Garlic scapes

The stems of garlic plants, these green curlicues have a mild garlicky flavour. Blend them with nuts, cheese and oil to make pesto; swap them for onions or garlic in recipes (just use more, because their taste is not as strong), or cut them up and add to stir-fry.

Summer squash

Also called scallop or pattypan squash because of its curvy edges, this antioxidant-packed summer vegetable tastes rich and buttery. Choose small squash, which are the tenderest, and either cook them whole or chop them into bite-size pieces before roasting, pickling, frying or grilling. Or, you can hollow out the squash; stuff it with cheese, more vegies or grains (or a mixture of all three); and bake.

Basil-wrapped scallop and peach skewers

Serves: 6

Cook time: 8 minutes

Total time: 45 minutes

- **3 tablespoons extra virgin olive oil, plus more for seasoning**
- **1 teaspoon Aleppo pepper, or a mix of 4 parts paprika and 1 part cayenne pepper, plus more for seasoning**
- **1 teaspoon salt, plus more for seasoning**
- **1 lime**
- **900g large sea scallops**
- **2 large peaches, cut into 1½ cm wedges**
- **1 cup large basil leaves, packed**

1 Heat an outdoor grill to medium high. In a large bowl, combine oil, pepper and salt. Zest the lime directly into the bowl and whisk to combine. Cut the lime into 6 wedges; set aside.

2 Remove the tough muscles from scallops and pat scallops dry. Add to the oil mixture, along with peaches, and toss gently to coat.

3 Wrap a scallop in a large basil leaf and skewer it. Add a basil leaf and then a peach wedge to the skewer. Continue adding basil-wrapped scallops, basil leaves and peaches to skewers.

4 Grill, turning once, until scallops are charred and just cooked through, 6 to 8 minutes. Transfer to serving plates. Drizzle with oil and sprinkle with salt and pepper to taste. Add lime wedges to plates and serve immediately.

***Nutrition score per serving: 239 calories, 10g fat (1.3 g saturated), 11 g carbs, 26 g protein, 1g fibre, 477mg sodium**

Grilling peaches intensifies their sweetness and makes them even juicier

Grilled zucchini and haloumi "lasagne" with Peppadew vinaigrette

Serves: 6

Cook time: 14 minutes

Total time: 1 hour

- **1 cup Peppadew peppers**
- **2 tablespoons red wine vinegar**
- **1 tablespoon Dijon mustard**
- **1 tablespoon honey**
- **1¾ teaspoons salt**
- **½ teaspoon freshly ground black pepper**
- **7 tablespoons extra virgin olive oil**
- **1½ kilos large tomatoes, such as beefsteak, cut into ½-cm-thick rounds**
- **900g zucchini (about 5 medium), cut on an angle into ½-cm-thick slices**
- **450g yellow squash (about 3 medium), cut on an angle into ½-cm-thick slices**
- **450g haloumi cheese, cut into 1 ½-cm-thick slices**

1 Heat an outdoor grill to medium. In a blender, combine peppers, vinegar, mustard, honey, ¼ teaspoon of the salt, and ¼ teaspoon of the pepper; blend until smooth. With blender running, add 3 tablespoons of the oil.

2 Line 2 large baking trays with paper towels. Arrange tomato slices on paper towels in a single layer, sprinkle with 1 teaspoon of the salt and set aside. On a large rimmed baking tray, toss zucchini and squash with 2 tablespoons of the oil, remaining salt and remaining pepper. On another rimmed baking tray, rub haloumi with remaining oil.

3 Grill zucchini and squash, turning once, until tender and grill marks appear, about 10 minutes. Return to the same pan. Grill haloumi, turning once, until grill marks appear, about 4 minutes. Return to the same pan. Blot tomatoes dry with additional paper towels.

4 In an 20cm-square pan, layer ingredients in this order: a quarter of the tomatoes, half the zucchini, 2 tablespoons dressing, a quarter of the tomatoes, 2 tablespoons dressing, all the yellow squash, 2 tablespoons dressing, all the haloumi, a quarter of the tomatoes, 2 tablespoons dressing, remaining zucchini, 2 tablespoons dressing, remaining tomatoes and remaining dressing. Press down firmly but gently. Slice and serve at roomtemperature.

***Nutrition score per serving: 507 calories, 37g fat (15.7g saturated), 25g carbs, 22g protein, 5g fibre, 1486mg sodium**

Fresh corn-cookie pistachio ice-cream sandwiches

Serves: 6

Cook time: 18 minutes

Total time: 1 hour

- **½ cup plain flour**
- **¼ cup fine yellow cornmeal**
- **⅛ teaspoon baking powder**
- **⅛ teaspoon bicarbonate of soda**
- **⅛ teaspoon salt**
- **¼ cup sugar**
- **1 lemon**
- **3 tablespoons extra virgin olive oil**
- **1 tablespoon milk**
- **1 tablespoon honey**
- **1 large egg yolk**
- **¼ teaspoon vanilla extract**
- **½ cup fresh corn kernels (from 1 ear)**
- **1½ cups pistachio ice cream**

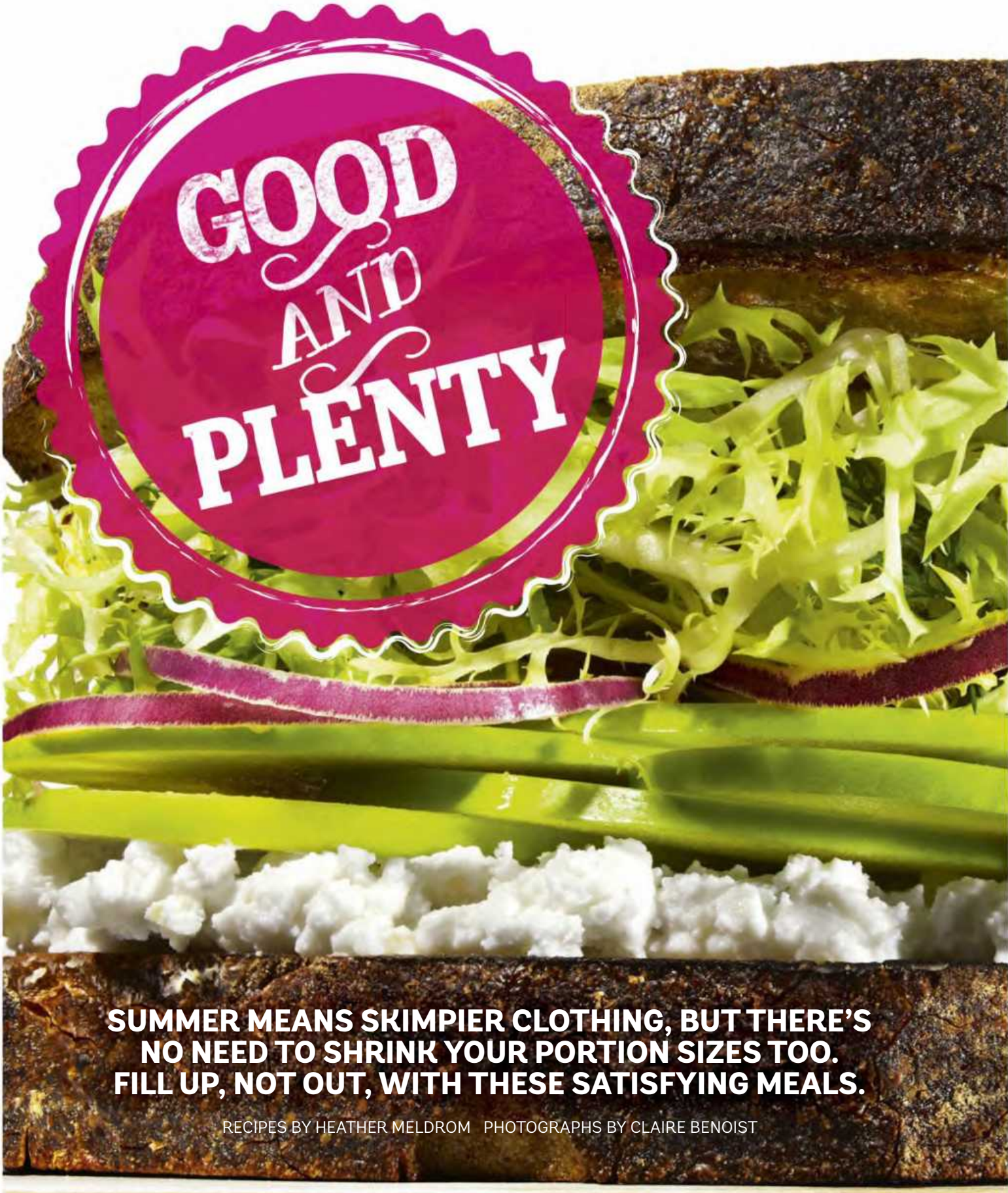
1 Preheat the oven to 175° and line a large baking tray with baking paper.

2 In a small bowl, whisk together flour, cornmeal, baking powder, bicarb soda and salt. Add sugar to a medium bowl and zest lemon directly into bowl; whisk to combine. Add 1½ teaspoons lemon juice to sugar and whisk in oil, milk, honey, egg yolk and vanilla until smooth. Stir in corn kernels. Add flour mixture to wet ingredients and gently fold until just combined.

3 Drop 12 mounds of dough (about 1 generous tablespoon each) onto the prepared baking sheet, about 5cm apart. With damp hands, flatten each mound into a 4 5cm round. Bake until bottoms are golden brown and cookies are set, 15 to 18 minutes. Cool tray completely on a wire rack. The cookies can be kept in an airtight container at room temperature for up to 3 days.

4 Meanwhile, line a rimmed baking tray with baking paper. Scoop ¼ cup ice cream into a round biscuit cutter the same diameter as the baked cookies (about 6 5cm) and spread flat. Lift off the biscuit cutter. Repeat to make 6 disks of ice cream and freeze until firm. When ready to serve, use a spatula to centre ice-cream disks on the flat sides of 6 cookies. Sandwich with the remaining 6 cookies and serve immediately. *S*

***Nutrition score per serving: 260 calories, 12g fat (3.3g saturated), 34g carbs, 4g protein, 1g fibre, 115mg sodium**



GOOD AND PLENTY

SUMMER MEANS SKIMPIER CLOTHING, BUT THERE'S NO NEED TO SHRINK YOUR PORTION SIZES TOO. FILL UP, NOT OUT, WITH THESE SATISFYING MEALS.

RECIPES BY HEATHER MELDROM PHOTOGRAPHS BY CLAIRE BENOIST

Goat cheese and green apple sandwiches

Serves: 4

Hands-on time: 15 minutes

Total time: 15 minutes

- **1 small red onion, thinly sliced**
- **4 teaspoons apple cider vinegar**
- **115g goat cheese, at room temperature**
- **1 teaspoon lemon zest**
- **½ teaspoon salt**
- **½ teaspoon black pepper**
- **½ teaspoon honey**
- **1 tablespoon extra- virgin olive oil**
- **3 cups endive**
- **8 slices rye bread, lightly toasted**
- **1 small Granny Smith apple, halved, cored and thinly sliced**
- **¼ cup fresh dill**

1 In a large bowl, toss onion with vinegar; let stand 10 minutes. In another bowl, use a fork to combine goat cheese, lemon zest, salt and pepper.

2 Remove onion from vinegar, shaking off excess, and transfer to a small plate. Whisk honey and oil into vinegar, add endives and toss to coat.

3 Divide goat cheese mixture among **4** slices of bread. Top with apple, onion, endive dill and remaining bread.

***Nutrition facts per serving: 331 calories, 12g protein, 39g carbohydrate, 14g fat (6.8g saturated), 6g fibre, 789mg sodium**

Spicy black bean tacos with tangy slaw

Serves: 4

Hands-on time: 30 minutes

Total time: 30 minutes

- **3 cups coleslaw mix**
- **7 pickled jalapeño slices, finely chopped, plus 3 tablespoons brine**
- **1 teaspoon olive oil**
- **1 small white onion, diced**
- **1 425g can black beans, drained and rinsed**
- **½ cup water**
- **12 corn tortillas, lightly toasted**
- **25-30 cherry tomatoes, quartered**
- **¼ cup crumbled parmesan cheese**
- **⅓ cup fresh coriander**
- **1 lime, cut into wedges (optional)**

1 In a large bowl, toss coleslaw mix with jalapeño brine.

2 In a medium frypan, heat oil over medium-high heat. Add onion and cook until tender, about 4 minutes. Add chopped jalapeños and cook 1 minute more. Add beans and water and cook, stirring frequently and lightly mashing, until mixture has thickened, about 3 minutes.

3 Divide bean mixture among tortillas and top with coleslaw mix, tomatoes, parmesan and coriander. Serve with lime wedges if desired.

***Nutrition facts per serving: 300 calories, 15g protein, 55g carbohydrate, 6g fat (0.5g saturated), 12 g fibre, 588mg sodium**

FOOD STYLIST: CHRIS LANIER

No-bake summer lasagne with corn relish

Serves: 4

Hands-on time: 30 minutes

Total time: 30 minutes

- **8 lasagne noodles**
- **2 tablespoons extra virgin olive oil**
- **2 cups low-fat ricotta**
- **1 tablespoon plus 1 teaspoon fresh thyme**
- **1 teaspoon lemon zest**
- **1¼ teaspoon salt**
- **½ teaspoon black pepper**
- **2 medium zucchini, sliced into ½-cm rounds**
- **2 garlic cloves, thinly sliced**
- **1 large yellow capsicum, sliced into ½-cm strips**
- **3 ears yellow corn, kernels sliced from cobs**
- **2 spring onions, thinly sliced**
- **2 tablespoons fresh lemon juice**

1 Cook noodles until al dente according to package directions. Drain, toss with 1 teaspoon oil and arrange on a baking sheet.

2 In a medium bowl, combine ricotta, 1 tablespoon thyme, lemon zest and ¼ teaspoon salt.

3 Heat a large frypan over medium-high heat. Add 1½ teaspoons oil. Add zucchini and cook, flipping once, until browned, about 4 minutes. Season with ½ teaspoon salt and ⅛ teaspoon pepper and transfer to a plate. Return pan to heat and add 1½ teaspoons oil, garlic and capsicum. Cook, stirring occasionally, until capsicum is crisp-tender, about 4 minutes. Season with ¼ teaspoon salt and ⅛ teaspoon pepper and transfer to plate with zucchini.

4 In a large bowl, combine corn, onions, lemon juice and remaining oil, salt and pepper. Cut noodles in half and lay one half on each of four plates. Top with 2 tablespoons ricotta mixture and zucchini. Top with a second noodle, 2 tablespoons ricotta mixture and ¼ cup corn relish. Top with a third noodle, 2 tablespoons ricotta mixture and capsicum mixture. Top with remaining noodle, ricotta mixture, corn relish and thyme.

***Nutrition facts per serving: 497 calories, 24g protein, 62g carbohydrate, 19g fat (7.5g saturated), 5g fibre, 793mg sodium**

Thai noodle bowls with grilled prawns

Serves: 4

Hands-on time: 30 minutes

Total time: 30 minutes

- **1 225g pack vermicelli rice noodles or angel-hair pasta**
- **3 tablespoons fresh lime juice**
- **1 tablespoon plus 2 teaspoons fish sauce**
- **2 tablespoons water**
- **2 tablespoons canola oil**
- **4 teaspoons sugar**
- **350g large prawns, peeled and deveined**
- **½ cucumber, halved lengthwise and thinly sliced**
- **2 carrots, peeled and thinly sliced**
- **1 shallot, thinly sliced lengthwise**
- **1 cup fresh mint**
- **¼ cup roughly chopped unsalted roasted peanuts**
- **1 hot red chilli, thinly sliced**

1 Cook noodles according to package directions and divide among four bowls.

2 In a small bowl, whisk together lime juice, fish sauce, water, 2 teaspoons oil and sugar until sugar is dissolved.

3 Heat a grill pan over medium-high heat. Divide prawns among four wooden skewers, brush each with 1 teaspoon oil and grill, flipping once, until opaque, about 4 minutes.

4 Remove prawns from skewers. Top noodles with prawns, cucumber, carrots, shallot, mint, peanuts and chilli and drizzle with fish sauce mix.

***Nutrition facts per serving: 434 calories, 22g protein, 60g carbohydrate, 12g fat (1.3g saturated), 4g fibre, 730mg sodium**

Chicken Caesar salad pizzas

SERVES: 4

Hands-on time: 40 minutes

Total time: 40 minutes

- 450g wholemeal pizza dough
- 3 tablespoons extra virgin olive oil
- 3 garlic cloves
- 3 anchovy fillets
- ¼ cup plain low-fat yoghurt
- 2 tablespoons fresh lemon juice
- 1½ teaspoons Dijon mustard
- ½ teaspoon black pepper
- 340g chicken cutlets
- ¼ teaspoon salt
- 1 large head romaine lettuce, chopped (about 12 cups)
- 30g parmesan, grated (about ¼ cup)

1 Preheat oven to 260°C. Heat a 25cm cast-iron frypan over high heat. Divide dough into four pieces and stretch each one to roughly the size of the pan. Add ½ teaspoon oil to pan, swirling to coat, and put in one piece of dough. Cook 1 minute, then flip and bake until brown and crisp, about 5 minutes; set aside. Repeat with remaining dough.

2 Meanwhile, using a blender or a hand blender, purée 2 tablespoons oil, garlic, anchovies, yoghurt, lemon juice, mustard and ¼ teaspoon pepper.

3 Return pan to burner over high heat. Toss chicken with remaining oil and season with salt and remaining pepper. Cook, flipping once, until golden and cooked through, about 4 minutes.

4 Slice chicken into 1½cm pieces and toss with romaine and dressing in a large bowl. Divide among pizzas and sprinkle with parmesan.

*Nutrition facts per serving: 394 calories, 28g protein, 32g carbohydrate, 17g fat (3.4g saturated), 5g fibre, 727mg sodium

Chilli-rubbed flank steak with watermelon-yam bean salad

Serves: 4

Hands-on time: 15 minutes

Total time: 40 minutes

- 1 450g flank steak, trimmed
- 1½ teaspoons chilli powder
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon canola oil
- 700g watermelon, cut into 2cm pieces (4 cups)
- 340g yam bean, peeled and cut into 1½ cm pieces (2 cups)
- 1 shallot, thinly sliced
- 2 teaspoons finely grated peeled ginger
- 1 teaspoon lime zest
- 2 tablespoons fresh lime juice
- ⅓ cup fresh coriander (optional)
- ¼ cup fresh basil (optional)

1 Pat steak dry with paper towels. Sprinkle both sides with chilli powder, salt and pepper. Drizzle oil over both sides and lightly rub in with fingertips to coat. Let rest 25 minutes.

2 Heat a grill to medium high or a grill pan over medium-high heat. (If using a grill, clean and oil grates first.) Grill steak, flipping once, 8 to 10 minutes for medium or until desired degree of doneness. Transfer steak to a cutting board, lightly tent with foil and let rest 10 minutes.

3 Meanwhile, in a large bowl, combine watermelon, yam bean, shallot, ginger, lime zest and lime juice.

4 Thinly slice steak across the grain. Serve with salad; garnish with coriander and/or basil if desired.

*Nutrition facts per serving: 272 calories, 26g protein, 19g carbohydrate, 10g fat (3g saturated), 4g fibre, 568mg sodium

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CHILLS and THRILLS

The new star of your summer meals is frozen solid

By Rebecca Miller FFrench

Frozen herbs add nutrients and flavour

Chefs are finding that slow-melting frozen flavour is one of the best ways to infuse soups, salads, sides and desserts with a pop of savoury or sweet. The technique is easy to master – try one of these five simple, sophisticated ideas that prove ice deserves a place on your summer menu beyond the rainbow snow cone.

Photographs by TRAVIS RATHBONE

Fruit salad with basil ice chips

Serves: 6

Prep time: 15 minutes

Total time: 3 hours 10 minutes

- **1 cup lemonade**
- **½ cup fresh basil leaves, chopped, plus a few whole leaves**
- **½ small watermelon, seeded and cubed**
- **4 kiwi, peeled, halved, and sliced crosswise**
- **1¼ cups blueberries**
- **2 peaches, peeled, pitted and sliced**

1 In a 23-by-33cm baking pan, pour a very thin layer of lemonade. Add whole basil leaves, laying them flat, and sprinkle chopped basil evenly over pan.

2 Place pan on a level surface in the freezer, double-checking that basil leaves are evenly distributed. Freeze until solid, about 3 hours.

3 Meanwhile, mix together watermelon, kiwi, blueberries and peaches and divide among six bowls. Remove tray from freezer and, using a knife, gently pry ice sheet up, breaking it into shards. Place basil ice chips vertically in each fruit bowl and serve immediately.

*Nutrition score per serving: *114 calories, 1g fat (0g saturated), 28g carbs, 2g protein, 3g fibre, 5mg sodium*

Rosemary-beetroot granita with oranges and greens

Serves: 6

Prep time: 20 minutes

Total time: 5 hours

700g beetroot, peeled and cut into chunks (about 4 cups, loosely packed)

¾ cup orange juice

3 tablespoons honey

3 teaspoons fresh rosemary leaves

3 large oranges

60g microgreens

1 To a medium saucepan, add beetroot and cover with water. Bring to a boil and simmer for 15 to 20 minutes or until tender; drain.

2 In a blender or a food processor, combine cooked beetroot, orange juice, honey and rosemary leaves. Blend until smooth; set aside to cool.

3 With a spatula, spread cooled mixture evenly in a 18-by-28cm baking pan. Place pan in the freezer on a level surface for 45 minutes. Use a fork to scrape mixture from the sides and stir, incorporating icy sides into the centre; return to freezer. Repeat every 45 minutes or until completely frozen, about 4 hours.

4 Peel oranges, remove pith, and cut out each section; remove seeds. Arrange orange wedges and microgreens decoratively on six salad plates. With an ice-cream scoop, top each salad with two or three scoops of granita.

Nutrition score per serving: 118 calories, 1g fat (0 g saturated), 29g carbs, 2g protein, 4g fibre, 73mg sodium

Chilled carrot soup with sweet pea cubes

Serves: 4

Prep time: 20 minutes

Total time: 3 hours

1 cup low-fat buttermilk

½ cup frozen peas

2 tablespoons extr virgin olive oil

2 medium shallots, thinly sliced

900g carrots, peeled and sliced into 2.5cm rounds

2 teaspoons ground cumin

1 teaspoon ground coriander

2½ cups vegetable stock

1½ cups carrot juice

2 teaspoons lemon juice

1 teaspoon freshly grated ginger

½ teaspoon salt

Pea shoots for garnish

Freshly ground black pepper

1 In a blender, mix buttermilk and peas; process until smooth. Fill each section of an ice cube tray or a mini-muffin pan halfway with mixture. Freeze until solid, 1 to 2 hours.

2 In a large saucepan, heat oil over medium high. Add shallots and sauté for 5 minutes or until softened. Add carrots and stir to combine. Sprinkle with cumin and coriander and stir to coat. Add stock and bring to a boil; reduce heat. Simmer for 25 to 30 minutes or until carrots are softened.

3 Carefully transfer mixture to a blender. Add carrot juice, lemon juice, ginger and salt and blend until smooth. Allow to cool slightly, then refrigerate until completely chilled.

4 Remove soup from refrigerator 10 minutes before serving. Divide, with cubes, among four soup bowls, garnish with pea shoots and season with pepper.

Nutrition score per serving: 254 calories, 8g fat (1.5g saturated), 41g carbs, 7g protein, 9g fibre, 774mg sodium

Food styling by Matt Vohr/Halley Resources; prop styling by Sarah Guido-Lockso/Halley Resources

Mint-matcha shaved ice

Serves: 4

Prep time: 10 minutes

Total time: 1 hour

- **1½ cups water**
- **⅓ cup granulated sugar**
- **½ cup fresh mint leaves, coarsely chopped, plus more whole leaves for garnish (optional)**
- **2 teaspoons matcha green tea powder**
- **4 cups ice**
- **¼ cup mini semi-sweet chocolate chips**
- **Condensed milk (optional)**

1 In a small saucepan over high heat, bring water and sugar to a boil. Lower heat and simmer for 5 minutes. Add chopped mint leaves and simmer for another minute or so. Remove from heat and allow to cool.

2 When thoroughly cooled, pour syrup into a bowl through a fine-mesh strainer, pressing leaves with the back of a spoon; discard leaves. Whisk matcha powder into mint syrup until smooth; refrigerate until fully chilled.

3 Before serving, add half the ice to a blender or a food processor and process until shaved or snowlike. Divide between two serving dishes or paper cones (place in the freezer to prevent melting if needed). Repeat with the remaining ice and two more bowls, then top each of the four shaved ices with 2 to 3 tablespoons of mint-matcha syrup and 1 tablespoon semi-sweet chocolate chips. For a creamy twist, drizzle with condensed milk. Garnish each dish or cone with mint leaves if using and serve immediately.

Nutrition score per serving: 151 calories, 4g fat (2.5g saturated), 28g carbs, 1g protein, 1g fibre, 7mg sodium

Chocolate-coconut cubes

Serves: 4

Prep time: 5 minutes

Total time: 2 to 3 hours

- **1 425ml can coconut milk**
- **1 tablespoon unsweetened cocoa powder**
- **1 teaspoon confectioners' sugar**
- **Brewed coffee, chilled**

1 Shake can of coconut milk. Open, pour into a bowl and whisk until smooth. Divide in half; add cocoa powder and sugar to one half and whisk again. Fill an ice cube tray with chocolate-coconut milk, about 1 tablespoon per cube, and freeze until solid, 1 to 2 hours.

2 Divide reserved plain coconut milk among cubes and refreeze until solid. (Change the pattern of stripes as desired.) Divide cubes among four glasses and add chilled coffee.

Nutrition score per serving: 167 calories, 15g fat (13.4g saturated), 4g carbs, 2g protein, 0g fibre, 37mg sodium

Cinnamon-almond cubes

- **1½ cups plain almond milk**
- **1 teaspoon cinnamon**
- **Brewed coffee, chilled**

1 Whisk together ½ cup almond milk and cinnamon until fully incorporated. Pour a thin layer into each section of an ice cube tray and freeze until solid, about 1 hour.

2 Add a layer (about 1 tablespoon) of plain almond milk to each cube and freeze again. Divide remaining cinnamon milk among cubes and freeze again. Divide cubes among four glasses and fill each with chilled coffee.

Nutrition score per serving: 26 calories, 1g fat (0g saturated), 4g carbs, 1g protein, 1g fibre, 61mg sodium

You smooth you lose

You don't need to hire a personal chef (as if!) or resign yourself to starvation to get beach-ready this summer. All you need is a blender. "Blending is one of the quickest, easiest ways to prep healthy foods, especially fresh fruits and vegies," says Harley Pasternak, trainer, nutrition expert and author of the book *The Body Reset Diet*. Turn the page for his favourite smoothie recipes plus details on how they can kick-start your metabolism and keep it fired up for good.

BY JUNO DEMELO

Happy bellies

Your digestive system is so much more than a winding tract that transports food from point A to point B. Thanks to your gut, foods you eat are broken down so you can absorb the nutrients that benefit your body from head to toe. Bacteria are crucial players in that process. And a slew of new research is finding just how big of a role the bugs that colonise your colon may have on your overall health including improved immunity, decreased risk of obesity, a happier mood and more. The good news? You can influence the balance of good-for-you bacteria to reap the healthy rewards. Probiotics are good bacteria that are important for your digestive health and prebiotics are anything that helps probiotics grow. While probiotics naturally occur in your gut, you can help boost the population of health-promoting flora by consuming foods containing probiotics and prebiotics – like this smoothie!

Tummy-loving shot

500ml liquid of choice (non-dairy milk, coconut water or purified water)

1 serve Whole Live Nutrients pre-probiotic fibre in cacao & coconut or vanilla & fig

1 serve Whole Live Nutrients prebiotic probiotic

½ tsp cacao nibs (optional)

Stir ingredients together vigorously until well combined. Top with cacao nibs and drink in shot style. Follow with a full glass of water. See amazonia.com.au for product details.

Pretty delicious

You know your diet should include a variety of colours. Consider these recipes your ticket to that pot of gold at the end of the rainbow: a healthy body! For each, put the yoghurt in first, then add the solid ingredients and blend until smooth. Depending on how thick you like your smoothies – and how powerful your blender or food processor is – you may need to thin these out with a little liquid, such as skim milk.

PB&J smoothie

115g plain low-fat Greek yoghurt
2 cups chopped fresh or frozen strawberries
1 frozen banana, chopped
2 teaspoons smooth peanut butter
½ cup ice

Nutrition facts per smoothie
327 calories, 18g protein, 55g carbohydrate, 7g fat (1.4g saturated), 9g fibre, 94mg sodium

shown on opening page

Tropical morning smoothie

170g plain low-fat Greek yoghurt
½ cup fresh or frozen mango chunks
½ cup fresh pineapple chunks
1 frozen banana, chopped
2 tablespoons ground flaxseed

Nutrition facts per smoothie
368 calories, 22g protein, 60g carbohydrate, 7g fat (0.9g saturated), 9g fibre, 68 mg sodium

shown at right

Sweet spinach smoothie

170g plain low-fat Greek yoghurt
2 cups spinach leaves, packed
1 ripe pear, peeled, cored and chopped
15 green or red grapes
2 tablespoons chopped avocado
1 to 2 tablespoons freshly squeezed lime juice

Nutrition facts per smoothie
316 calories, 21g protein, 52g carbohydrate, 6g fat (0.9g saturated), 9g fibre, 115mg sodium

PHOTOGRAPHS BY LISA SHIN FOOD STYLIST: EUGENE JHO. BOTTOM RIGHT: AVERY POWELL

THE SKINNY ON SLIMMING DOWN

Amanda Seyfried, Hilary Duff and Katy Perry all credit their fit bodies to trainer and nutrition expert Harley Pasternak. Here's his tailored-to-you advice:

Q My metabolism is definitely slowing. How can I rev it up?

A Graze, don't gorge. Studies show that smaller, more frequent meals shift your metabolism into high gear, which is why my plan has you eating five times a day.

Q Is there a healthy way to lose weight this week?

A In the long term, moderation is key. But if people don't see results quickly, they tend to give up. So I suggest having three smoothies and two snacks a day for five days, then two smoothies, a solid meal and two snacks a day for five more days. You'll lose weight right away because the smoothies have fewer calories than your average meal, but they're so filling, you won't feel deprived. Then for the last five days, you taper off to just one smoothie a day, which is something I suggest keeping up for life.

Q What's so great about smoothies?

A For one thing, they're incredibly convenient: you just throw everything into a blender and press a button, which eliminates any excuse for not eating right. For another, they're high in volume, so they take up a lot of space in your stomach. Best of all, the blades of the blender slice through the cell walls of all those fruits and vegies, making their nutrients – like fibre, protein and healthy fats – easier for your body to absorb. And the more fibre you get, the fuller you feel, which means you can eat less and still be just as satisfied. S

Build a better smoothie

Here are the four things you need to create your own tasty, healthy combos

1 A liquid base

Pasternak favours skim milk because it's rich in vitamin D and calcium, which can help your body break down fat. But non-dairy milks, like soy and almond, are fine too, he says, as is flavoured water (just watch the sugar content).

2 Lean protein

Getting protein at every meal helps you maintain lean muscle mass, which means you burn more calories throughout the day. Your best bets: plain low-fat yoghurt, silken tofu or unflavoured protein powder.

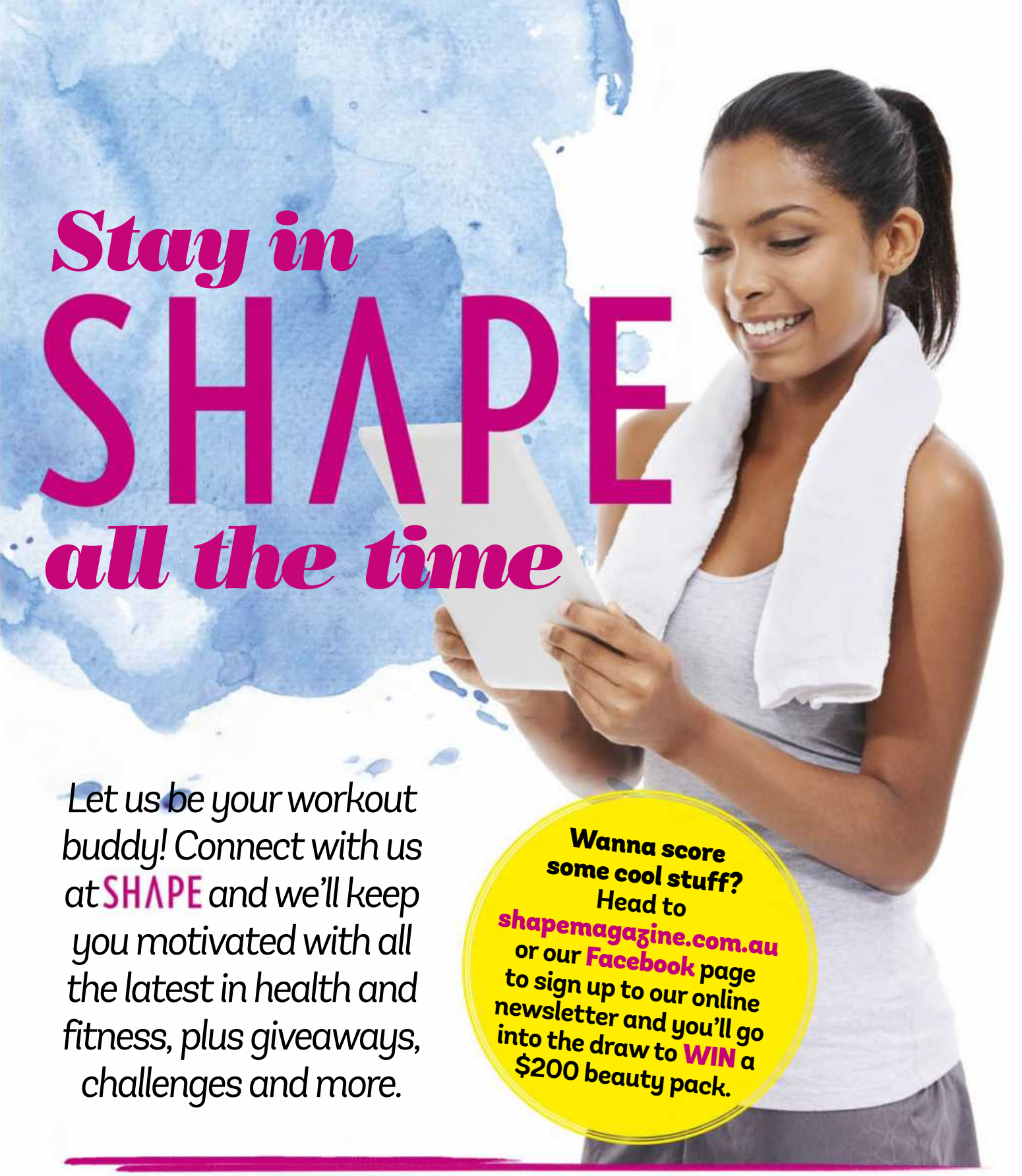
3 Healthy fats

These give you energy, make your smoothie satisfying and help your body absorb vitamins. Use up to two tablespoons of an ingredient that contains the good – that is, monounsaturated – kind, like avocado, seeds or nuts.

4 High-fibre carbs

Any fruit will do, but raspberries and blueberries deliver the most fibre and the least amount of sugar. As for vegies, spinach and cucumber have the mildest, easiest-to-mask flavours.

Stay in SHAPE all the time



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Be beautiful

The latest and greatest style finds

PARA'KITO

These wristbands are colourful and convenient mosquito protection products that are essential for any outdoor workout. The bands have a small rubber pellet inserted, which contains all-natural essential oils that release smells that are delightful to the human senses but repellant to mosquitos. The bands come in a range of colours and styles. Find out more at **au.parakito.com**

BAKU SWIMWEAR

We love the gorgeous new range from Baku Swimwear. They have styles to suit every body shape. They are especially kind to busty ladies, with stylish yet comfortable designs. See the whole range at **bakuswimwear.com.au**

MOUNTAIN ATHLETICS

The North Face has launched the Mountain Athletics Collection and the activity-based training Mountain Athletics app. The Mountain Athletics Collection, which is now available at retail stores and **thenorthface.com.au,** offers the durability and full range of motion necessary for intense functional training exercise. The North Face Mountain Athletics line is the next evolution of technical-training apparel and footwear designed to help athletes (and gym junkies) push their limits.

Not so Base-ic

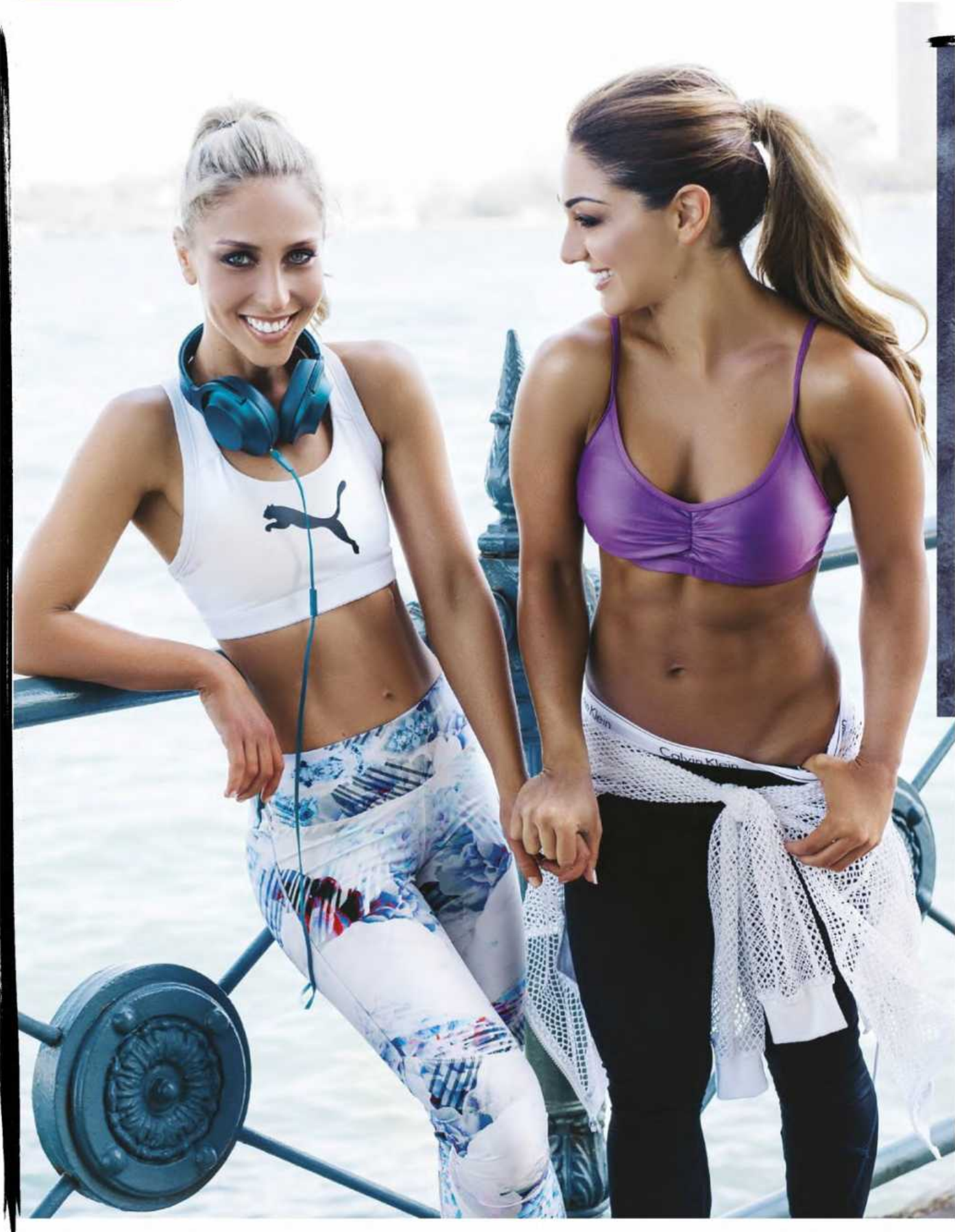
Dynamic fitness duo Diana and Felicia of Base Body Babes take active wear to the next level

Styling Pembe Bekir **Photography** Sandra Markovic
Hair Jessica Furlan **Make-up** Charlie Kielty
Creative direction Micaela George
All of items are available from stylerunner.com

Felicia wears:
Puma Legging **$70**
PUMA bra **$35**
Nike Roshe One shoes **$120**
Diana wears:
Puma Bra **$35**
Puma 2 IN1 short **$60.00**
Puma jacket **$100**
Nike Roshe One shoes **$120**

Diana wears:
Puma bra **$35**
First Base mesh bra **$65**
(worn underneath)
The Upside pant **$139**
Nike Roshe One shoes **$100**

Felicia wears:
First Base X O'Neill
crop top **$90**
Nike Roshe One shoes **$120**
Shorts are model's own


Calvin Klein

good vibes

Felicia wears:
Calvin Klein bralette **$50**
First Base boxing shorts **$65**
Puma sweater **$55**
Nike Roshe One shoes **$120**
The Upside tote **$189**

Diana wears:
Puma top **$30**
Koral Activewear leggings **$135**
First Base mesh bra **$65**
First Base x O'Neill
one piece **$130**
First Base x O'Neill hoodie **$120**
Nike Roshe One shoes **$100**

LEFT:
Felicia wears:
Puma bra **$35**
Athletiq tights **$155**
Headphones are model's own

Diana wears:
Koral Activewear bra **$145**
Calvin Klein bikini briefs **$30**
First Base x O'Neill hoodie **$120**
Athletiq tights **$139**

What's in your GYM BAG?

Former elite gymnast, personal trainer and IsoWhey ambassador Lauren Hannaford shares her gym bag essentials.

It is so easy to train anywhere, anytime. You don't need anything other than yourself to get a good workout into your day. Use your own body weight for resistance and the great outdoors as your cardio machine. Fitness is sitting in the palm of your hand, you just have to be willing to use it.

In my gym bag I carry deodorant because it's best for everyone if I have it after a workout! And as we come into the warmer months I must have sunscreen and Burt's Bees lip balm with me. An apple and an IsoWhey energy bar are also a must, because you never know when you'll need a pick-me-up. A notebook and my diary have to be with me as I need to write things down these days.

I also have a mini tripod in my bag. It's a love/hate relationship – if I could carry a photographer in my bag I would. But I guess my mate Mini Tripod and his side-kick Self-Timer haven't done too badly to date. A towel is another must-have, as well as earphones, although I don't really listen to music when I train – they're more for post-gym business calls.

With all the photos and videos that I take, my poor phone gets a little tired, so I need to have a rechargeable battery with me. And of course, a water bottle is essential. We all need to remember to rehydrate, rehydrate, rehydrate!

1. THE NORTH FACE BASECAMP DUFFEL *$180, thenorthface.com.au*

2. DOVE DEODORANT *$4.20, from leading supermarkets, pharmacies and variety stores nationally*

3. JURLIQUE SUN SPECIALIST SPF40 HIGH PROTECTION CREAM PA +++ *$50, jurlique.com.au*

4. BURT'S BEES LIP BALM *$6.95, burtsbees.com*

5. ISOWHEY SPORTS ENERGY BAR *isowheysports.com.au*

6. THE DAILY EDITED LEATHER MONOGRAM NOTEBOOK HOLDER *$69.95, thedailyedited.com*

7. TYPO 2016 DIARY *$19.99, cottonon.com*

8. COTTON ON BODY MINI TRIPOD *$14.95, cottonon.com*

9. RUNNING BARE LIKE A TIGER GYM TOWEL *$44.99, runningbare.com*

10. BEOPLAY H8 HEADPHONES BY BANG & OLUFSEN *$ 750, bang-olufsen.com*

11. HBUTLER'S MIGHTY PURSE THAT CHARGES YOUR PHONE *$129.95, hbutler.co*

12. RUBI QUENCHER WATER BOTTLE *$9.95, rubi.com.au*

Beauty and the beach

We've found the best products to help you transform into the ultimate beach babe this summer

Baku Swimwear Zagazig Gidget Bra *$79.95*
Baku Swimwear Zagazig Regular Pant *$69.95*

Must-have mists

Keep your cool at all times with a spritz of mist

1. KOSMEA HYDRATING ROSEWATER MIST *($19.95, available nationally in leading pharmacies, health food stores, Terry White Chemists and David Jones)* A cooling facial spray to rehydrate the skin.

2. KORA ORGANICS ENERGISING CITRUS MIST *($39.95, koraorganics.com)* Provides an uplifting and balancing spritz.

3. GAIA REFRESHING TONER *($12.95, gaiaskinnaturals.com)* Works to control excess oil and balances skin while it tones, freshens and tightens pores.

4. EVIAN FACIAL SPRAY *($7.50, Priceline)* Helps relieve dry skin, and removes perspiration, ocean salt water and pool water chlorine. Effectively replaces facial moisture lost from active sports and drying sun.

5. SKINSTITUT MULTI ACTIVE MIST *($45, skinstitut.com)* Deeply hydrates and nourishes and improves skin radiance, texture and tone.

Get buff

For soft, smooth skin that dazzles in the sun, all you need is the perfect body scrub

Baku Swimwear
Sierra Multi Strap
Gidget *$89.95*
Baku Swimwear
Sierra Multi Strap
Hipster Pant *$79.95*

REJUVENATING
Soda & Co natural exfoliating sugar body scrub contains sugary granules that gently exfoliate the top layer of the skin and penetrate the epidermis to encourage cell rejuvenation. Combined with vitamins A, C and E, the scrub helps to naturally increase elasticity and tone skin while soothing redness, dryness and scarring for a smoother, more even complexion. Available in Mint Burst, Orange Splash and Pink Lemonade. *$22.95, sodaandco.com*

TARGET CELLULITE
Café Skin Scrub is made from 100 percent natural ingredients. This unique blend of roasted and ground coffee and oils is formulated into an easy-to-use scrub to target cellulite, scars and skin imperfections. *$13.99, exclusive to Chemist Warehouse*

BRIGHTENING

Coast To Coast Replenishing Body Exfoliant is a deeply nourishing exfoliant that contains a special skin-brightening formula of antioxidant-rich Kakadu plum and desert lime that gently clears away dulling debris, uneven patches and surface skin damage. ***$24.95, available at David Jones and coasttocoastaustralia.com.au***

TWO-IN-ONE

Musq Face and Body Exfoliant is a revitalising gentle mineral based exfoliant enriched with rose, rice and clay to leave skin polished. ***$42, musq.com.au***

HYDRATING

Dirty Works Body Scrub Invigorating body scrub contains pumice particles to buff roughness away. It's been formulated with shea butter, sweet almond oil and vitamin E to condition and soothe the skin. ***$8.95, available at Target***

SENSITIVE SKIN

Weleda Birch Body Scrub gently exfoliates and smooths skin. It's formulated with natural beeswax pearls and free from synthetic ingredients. ***$17.95, weleda.com.au***

ROUGH SKIN

Mary Kay Satin Body Buffing Cream contains gentle exfoliating beads which smoothes away dry patches and buffs away rough skin but is gentle enough to use every day. ***$35, marykay.com.au***

REFRESHING

Bliss Lemon + Sage Body Scrub Velvety Soft Skin Polish is formulated to be massaged on pre-shower. Its circular scrubbing grains lift away dead skin cells, leaving skin soft and smooth. ***$39.99, available at Priceline Pharmacy***

BOOST ELASTICITY

Natura Siberica Oblepikha Honey Body Scrub is formulated with a unique blend of wild Siberian herbs and pure Siberian oils. It also contains Altai sea buckthorn oil to deeply nourish skin, buckwheat honey to boost elasticity and firmness and organic sage extract to eliminate toxins. The scrub is free from SLS, SLES, GMO plants, mineral oils, PEG, parabens and glycol. Certified organic by the ICEA. ***$19.99, naturasiberica.net.au***

FOR SOFT SKIN

Anatomicals The Seven Deadly Skins is a melon body scrub that leaves skin silky. The exfoliator has been formulated with honeydew melon, enriching the skin with vitamins A and C to condition dry areas. This miracle body polish contains pumice to exfoliate and zinc to leave skin soft. ***$8.99, Available at Priceline & Target***

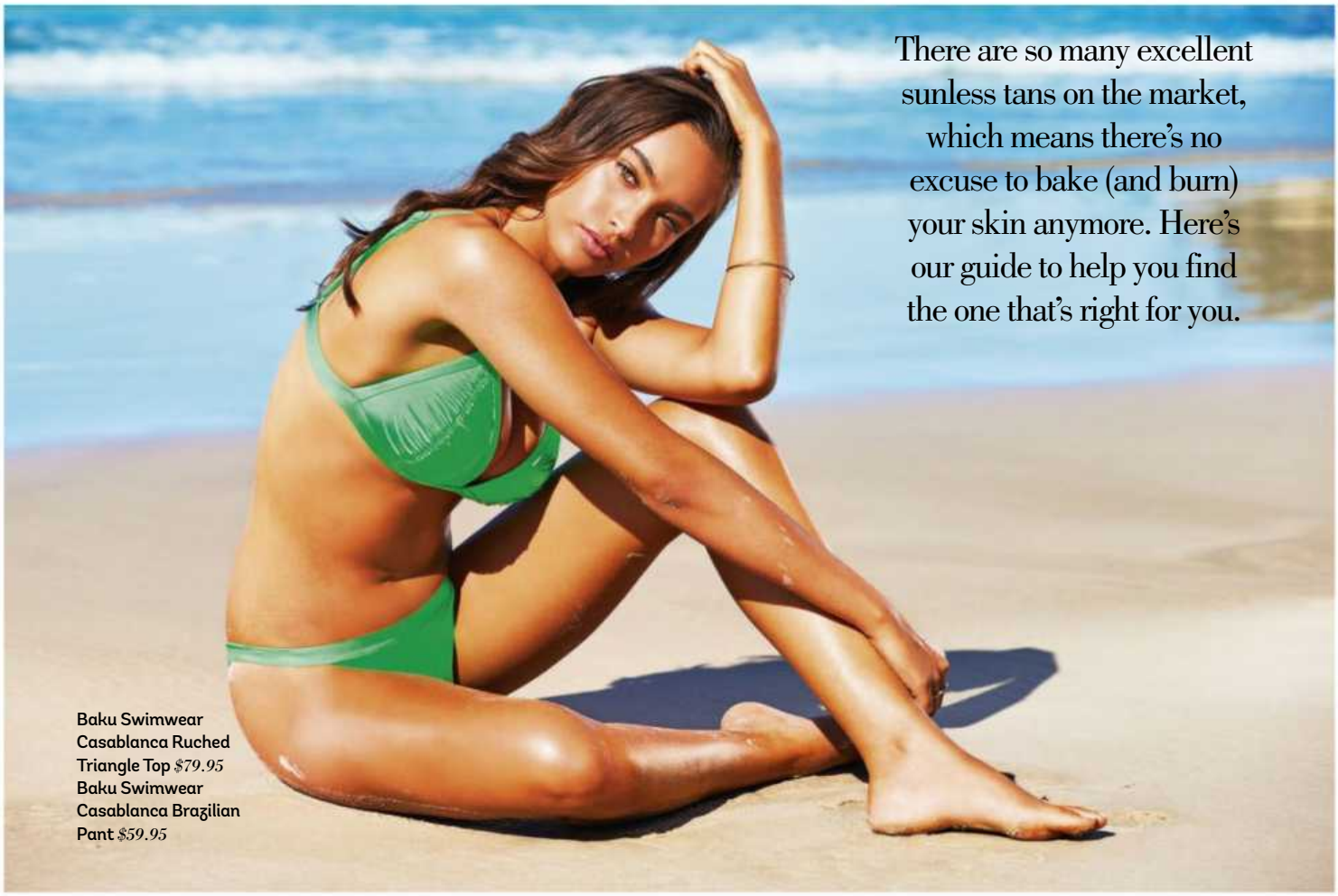
BREAKOUT BUSTING

Jurlique Body Exfoliating Gel lifts away dead skin cells and impurities, leaving the skin smooth, clean, soft, even-toned and radiant. It contains tea tree oil that creates a purifying action on pimples. ***$47, jurlique.com.au***

IMPROVE SKIN TONE

Natio Spa One Minute Miracle Body Polish is enriched with plant conditioners to help scrub away dead skin cells. The scrub also contains certified organic sesame, lemon balm and ginger to stimulate and even out tone and texture. ***$19.95, natio.com.au***

Become a fan of the sunless tan



There are so many excellent sunless tans on the market, which means there's no excuse to bake (and burn) your skin anymore. Here's our guide to help you find the one that's right for you.

Baku Swimwear Casablanca Ruched Triangle Top *$79.95*
Baku Swimwear Casablanca Brazilian Pant *$59.95*

1. BONDI SANDS LIQUID GOLD is the newest Bondi Sands product, and it's special because it's a dry oil which is different from the usual lotions and mousse products available. The oil is dry to touch within seconds and glides on for a glowing tan. *$19.95, bondisands.com.au*

2. JURLIQUE SUN SPECIALIST SUNLESS TANNER is perfect if you want a tan you can also use on your face or if you have sensitive skin as it's a natural product. The formulation increases the natural production of melanin, and safflower seed oil works with glycerin to moisturise, protect and nurture the skin upon application. *$45, jurlique.com.au*

3. NAPOLEON PERDIS WHIPPED DREAM TAN ENHANCER is great if you have dry skin and you want to extend an existing tan. It's formulated to deeply moisturise with olive oil, almond oil, shea butter and hazelnut oil, helping to maintain a tan and prevent moisture loss. It evens skin tone and relieves the effects of the sun, helping to restore skin's elasticity. *$40, napoleonperdis.com*

4. ST.TROPEZ GRADUAL TAN IN SHOWER is a truly unique product because it uses water to activate the streak-free formula, which develops gradually with regular re-application. Very easy to apply and you don't have to stress about getting it on anything. *$39.99, sttropeztan.com.au*

5. JERGENS NATURAL GLOW INSTANT SUN SUNLESS TANNING MOUSSE works with skin to mimic the results that would be achieved from natural sun. Plus it dries in 60 seconds. *$15.99, Priceline*

6. RIMMEL SUNSHIMMER SELF TAN MOUSSE develops in one hour and lasts for up to seven days. This product has a lovely velvety texture that blends smoothly and into skin for a streak-free finish. *$16.95, Priceline, Target, Kmart, BIG W, selected pharmacies and selected Coles and Woolworths*

7. RED EARTH FACIAL TANNING SERUM is ideal if you want a special tanner just for your face as it gradually tints the skin to leave it looking naturally bronzed. The formula contains argan oil, organic fig and pomegranate. *$40, redearthaustralia.com*

8. TRILOGY INSTANT BRONZING GEL is ideal if you want a tan that develops over time. It provides an immediate golden shimmer to the skin but develops into a rich bronze tan, over two to three hours. *$27.95, trilogyproducts.com*

9. MODELCO ONE HOUR TAN MOUSSE is for when you need a tan in a hurry. This revolutionary express self-tan formula allows control over the colour of the tan by choosing when you shower. The ingredients absorb into the skin and develop from a light sun-kissed glow (1 hour wash off) to a bronze

glow (2 hours wash off) to a dark tan (3 hours wash off). For a deeper, darker result, wait 3 hours or more. *$20, modelcocosmetics.com*

10. DOVE SUMMER GLOW GRADUAL SELF TAN BODY LOTION is perfect for building up a tan from your natural colour. Plus it's infused with moisturisers to nourish dry skin, so it's two products in one at an excellent price. *$10.52, from leading supermarkets, pharmacies and variety stores nationally*

11. JANE IREDALE TANTASIA SELF TANNER & BRONZER provides instant bronzing and optimal application control. A unique blend of ingredients work with the skin to gradually develop a customised, even, natural-looking tan. *$56, margifox.com.au*

12. FAKE BAKE SPORT DAILY TAN has a unique unisex formulation specially created for those with an active lifestyle. Two tanning agents work with the skin's own melanin to gradually build a natural looking tan. *$26, Priceline & fakebake.com.au*

13. SKINNY TAN GRADUAL TANNER is the first gradual tanner to combine a natural tanning active with natural smoothing effect. *$29.99, skinnytan.com.au*

14. THE BASE BY LARA BINGLE WASH OFF BRONZING GEL has an amazing non-staining formula for an immediate streak-free tan that dissolves with one wash. Ideal if you just need a tan boost for a special event. *$29, thebase.me*

15. COCOA BROWN BY MARISSA CARTER LOVELY LEGS SPRAY is what you need to get perfectly golden legs. *$19.95, cocoabrown.com.au*

Beach beautiful hair

The look is loose tousled waves that just kind of happened, giving you an unfussy beach babe effect. In truth it takes a few (totally worthwhile) steps.

Baku Swimwear
Valencia D Cup
Maillot *$159.95*

1. Work it wet

To build in some tousle, set your hair post shower. First work up a large dollop of mousse – we like the lightweight feel of **Schwarzkopf Osis Glamination Plumping Shine Mousse** – into your damp roots to give subtle lift. Then, fully saturate your strands with a sea salt spray (check out our picks over the page). The salt temporarily dries out the hair giving it that messy undone effect," says Ryan Trygstad, a hairstylist for Sally Hersberger in New York City.

Next, divide your hair into 2.5cm sections and loosely twist. If you have natural waves, use your fingers to scrunch in another drop of mousse, then head outside to let your hair air-dry. "The sun and the heat will bake the wave pattern into place," he explains. "If you hair is pin straight, go ahead and pop a diffuser onto your blow dryer to bring out even the littlest bit of texture."

2. Ditch the brush and use your fingers

Once your hair is dry, flip your head upside down and gently rake your fingers through the strands to separate the twirled pieces. You can stop here, or take it a step further with a hot tool. To add just a little movement grab a few random sections (including any that look too straight) and using a straightener like the **Philips Moisture Protect**, set them in S shaped waves: starting near your roots, clamp the iron down and quickly flick your wrist upwards. Unclamp the iron, then move it to the next inch of hair and twist the tool downwards. Continue this swift up-and-down movement until you reach your ends. Then, squirt a pea sized amount of hydrating styling cream – we love **Moroccanoil Hydrating Styling Cream** – in your palms and work it into your hair. "This roughs up the texture," Trygstad says. "Tug on the waves to loosen the curl and rub the hair between your fingers to make it look imperfect."

About your cut

You can pull off this undone style with any hair length, as long as it has a little movement

3. Finish with a spritz.

No matter how undone the style is, you still want it to look healthy and shiny. We suggest **Charles Worthington Sunshine Protector Leave-In Spray**. It protects the hair while making it nice and shiny.

YOUR WAVE MAKERS

SCHWARZKOPF OSIS GLAMINATION PLUMPING SHINE MOUSSE *$28.95, 1800 251 887*

MOROCCANOIL HYDRATING STYLING CREAM *$44.50, moroccanoil.com*

PHILIPS MOISTURE PROTECT *$129, philips.com.au/haircare*

CHARLES WORTHINGTON SUNSHINE LEAVE-IN UV PROTECTION SPRAY *$6.99, Priceline stores nationally*

Hold the salt

If you have problems with your hair being too dry we recommend using these products that create the same beachy style without using salt.

KERATIN COMPLEX STYLE THERAPY SWEET DEFINITION *$31.95, datelinecity.com*

MARC ANTHONY TRUE PROFESSIONAL DREAM WAVES, BEACH SPRAY *$17.99, Priceline and Target*

Call of the sea

There are so many options when it comes to sea salt sprays. Here are some of our top picks.

1. DE LORENZO ELEMENTS OCEAN MIST SEA SALT STYLING SPRAY is a salt-infused spray that gives hair a "beach hair" texture, without tangles and knots. The mist contains sunflower seed cake for UV protection and sea kelp to condition and nourish hair. *$24.50, delorenzo.com.au*

2. FUDGE SEA SALT SPRAY is a styling spray that adds body and texture to hair while protecting it from UV damage. Provitamin B5 strengthens and conditions hair while salt additives deliver body and volume. In addition, anti-humidity ingredients maximise flexibility and hold and hard-setting polymers offer a crisp finish. The spray features a mango and coconut fragrance. *$19.95, fudge.com*

3. FUDGE URBAN SEA SALT is a low hold tropical coconut texturing spray for a raw beach hair effect. To use, spray mist onto hair and scrunch up for a messy "out of the surf" look, or blow-dry in and pump up for natural texture and volume. *$9.95, fudge.com*

4. TONI&GUY HAIR CARE SEA SALT TEXTURISING SPRAY is suitable for all hair types and creates texture with a light hold, perfect for imitating just-off-the-beach waves. Spray evenly from root to tip on towel-dried hair and work through to create tousled curls with natural movement. *$15.99, Woolworths, Coles, Priceline and Big W*

5. TRESEMMÉ PERFECTLY (UN)DONE SEA SALT SPRAY is a leave-in spray that creates textured beach waves. The non-sticky formula contains sea kelp extract, which helps to define each strand and promote a tousled style. The spray is ideal for naturally straight or wavy hair and is part of the TRESemmé Perfectly (un) Done Collection. *$8.99, tresemme.com.au*

6. KMS CALIFORNIA HAIRPLAY SEA SALT SPRAY is a lightweight, fragrant spray that creates tousled hair with fullness and a light matte finish for that just-out-of-the-ocean texture. Grape peppermint in the formula supports the hold and flexibility of the formula. *$33.95, kmscalifornia.com*

7. CATWALK BY TIGI SESSION SERIES: SALT SPRAY gives texture and definition, volume and body. The formula fights humidity with a light pliable hold. Spray into wet hair to add body, or on dry hair for a tousled texture. *$32.95, tigihaircare.com*

Stay hydrated

While getting enough water every day is still the most important thing for your health and skin, when the sun's rays are beating down there are some excellent products that can assist with locking in the moisture and keeping your skin looking and feeling fresh.

1. ASAP REVITALISING BODYMOIST Suitable for all skin types, this product promotes collagen and cell renewal and contains a blend of essential oils to rejuvenate dry skin. *$45, asapskinproducts.com*

2. SANCTUARY SPA WONDER OIL SERUM An ultra-light moisturising solution that combines the anti-ageing benefits of a serum with the hydrating properties of a facial oil to create an "oil serum". The product is designed to feel lighter than an oil and more nourishing than a serum. *$32.99, available at Priceline and Woolworths beauty concept stores*

3. OBAGI NU-DERM HYDRATE LUXE Specifically formulated for overnight, extra-strength moisturisation. The powerful ingredients work while you sleep to improve and hydrate the skin. This product is ideal for dry skin types in need of additional hydration. *$79.95, 1800 630 056*

4. NEUTROGENA HYDRO BOOST GEL SPF15 A hydrating gel cream formulated with UVA and UVB sun protection to help protect the skin. The formula contains hyaluronic acid and olive extract to provide long-lasting moisture to dry skin for up to 24 hours. *$24.99, 1800 678 380*

Baku Swimwear Casablanca 80s Splice Tank Maillot *$99.95*

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Love your lips

CARMEX MOISTURE PLUS ULTRA HYDRATING LIP BALM *$8.99, available from all good pharmacies, selected Woolworths, Coles and Safeway supermarkets and selected BIG W retailers*

JANE IREDALE LIPDRINK LIP BALM SPF 15 *$32, margifox.com.au*

CHAPSTICK HYDRATION LOCK *$4.99, chapstick.com.au*

Get the GLOW

Want beautiful skin? Who doesn't! Read on...

Skincare specialist Ingrid Seaburn knows the secrets to beautiful skin. The former LA-based skincare therapist has worked with some of Hollywood's most beautiful and successful women. Now she's back home in Australia and sharing her skincare secrets with *SHAPE*.

"You can't have beautiful skin without a healthy body," she says. "You need a balance of a healthy lifestyle and good skin habits rather than looking for a quick-fix mentality.

"One mistake I see regularly is women who are being too aggressive with treatments, too often."

While the California sun in LA may be hot, here in Australia it gets even hotter, and those rays can really wreak havoc with your skin.

"I used a good, zinc-based sunscreen – a physical barrier against the sun – every day," Seaburn says. "My kids often laugh at me because I wear a big, daggy hat to go outside, but I don't care – we have to be so careful with the sun here!"

Seaburn's own personal skin routine is a simple one: "I stick to products I know work," she says. "I'm not a huge sampler of different things. I have my favourite brands and I stick to them. I'm a big fan of natural products with scientific backing. One product I can't live without is Renu 28. It's new and it's really effective.

"I only advocate products I believe in, otherwise there goes my reputation as a skin therapist!"

Seaburn also uses a vitamin A eye serum every day ("I never miss a day without an eye cream that strengthens," she says). She also exfoliates twice a week with an enzyme-based exfoliant. She also drinks lots of water and exercises regularly. "Exercise is part of my beauty routine," says Seaburn, who is a big fan of Xtnd Barre.

Healthy eating is another huge part of Seaburn's regime. "I really do keep it very clean," she says. "Lots of salmon and my new favourite addiction – sun dried tomatoes packed without the oil in my salads. Weekends are a different story, though. I go for whatever I want. You have to!"

By following these simple and straightforward healthy skin habits consistently, Seaburn, at 47, has managed to maintain gorgeous, glowing skin.

"Ageing is a very confronting thing for women," she says. "We really are judged quite harshly. It seems so unfair, but I think if you keep your own personal goal as being healthy and happy, your age is just a number."

RENU 28 is a rejuvenating gel with a specific technology to create healthier, more vibrant skin. With its patented Redox Signalling Molecules, the product replaces declining cellular communication within your body to heal and repair ageing skin. Head to aseaglobal.com for more info.

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In 2015 Hotel Komune launched its new Health Hub facility at the Bali resort after recognising demand from guests for further health and wellness experiences. The Health Hub features a yoga centre, 25m training pool, functional training centre, day spa, health café and fitness centre.

For more information, visit **www.komuneresorts.com/keramasbali**

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All I want for Christmas

Not sure what to ask Santa for this year? We've got your Christmas wish list right here! Ho ho ho…

gifts for the...

gym junkie

1. WAHOO STRIDE SENSOR *$32.95, wahoofitness.com*

2. NORTH FACE MOUNTAIN ATHLETICS RANGE *Prices vary, thenorthface.com.au*

3. MISFIT SHINE ACTIVITY TRACKER *$89.95, pica.com.au*

4. SONY SMART B WIRELESS TRAINING DEVICE *$349, sony.com.au*

5. YURBUDS LEAP 100 WIRELESS SPORTS HEADPHONES *$179.99, yurbuds.com.au*

6. THE NORTH FACE ULTRA KILOWAT TRAINERS *$139, thenorthface.com.au*

7. BLUE GOJI PLAY INTERACTIVE GAMING ACCESSORY FOR CARDIO EQUIPMENT *$129, jbhifi.com.au*

8. FITBIT CHARGE HR *$229.95, fitbit.com/au*

9. DAILY GREATNESS TRAINING JOURNAL *$39.95, dailygreatness.com.au*

10. APPLE WATCH *From $799, apple.com/au*

11. SWIFTWICK ASPIRE COMPRESSION SOCKS *$24.95, jurlique.com.au*

12. LORNA JANE GLAMOUR 7/8 TIGHT & GLAMOUR EXCEL TANK & BRA COMBO *$96.99 & $85, lornajane.com.au*

gifts for the...

glam gal

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2. JURLIQUE BODY OIL *$88, jurlique.com.au*

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4. MOLTON BROWN PINK PEPPERPOD CRACKER *$30, moltonbrown.com.au*

5. GAIA SKIN+BODY GIFT SET *$22.95, gaiaskinnaturals.com*

6. KOSMEA FRESH SKIN COLLECTION *$39.95, kosmea.com.au*

7. MICHAEL KORS THE GOLD FRAGRANCE *$110, bondisands.com.au*

8. LAURA MERCIER CRÈME BRULEE DUET *$69, davidjones.com.au*

9. CRABTREE & EVELYN DELUXE LA SOURCE GIFT *$95, crabtree-evelyn.com.au*

10. PRADA CANDY KISS COLLECTION *$49 each, prada.com*

11. NAPOLEON PERDIS TAHITIAN LOVE SECRETS PACK *$45, napoleonperdis.com/au*

12. MARC JACOBS DECADENCE EAU DE PARFUM *$150, cotyaustralia.com.au*

13. PHILOSOPHY LIMITED EDITION HOLIDAY SHOWER GEL *$30, adorebeauty.com.au*

gifts for the...

free spirit

1. **WATER AID GIFT CARDS** *Prices vary, wateraidgifts.org.au*

2. **THE BODY GUARD MEDITATIONS CDs 1-3** *$30 each, empind.com.au*

3. **YOGA MEDITATION STOOL** *From $55, empind.com.au*

4. **WITHINGS AURA SMART SLEEP SYSTEM** *$439.95,apple.com/au*

5. **HOPEWOOD'S RECIPE FOR WELLBEING** *$59.95, hopewoodlifestyle.com.au*

6. **ROUND ZAFU MEDITATION CUSHION** *$41, empind.com.au*

7. **TANDA MODERN CONSTELLATIONS COLLECTION** *$40 each, tandamodern.com*

8. **TANDEM SKYDIVE EXPERIENCE** *From $229, redballoon.com.au*

gifts for the... foodie

1. **HYDRAPAK COLLAPSIBLE STASH BOTTLE** *From $33.95, osabrands.com*

2. **DÉLONGHI MULTICUISINE** *$549, delonghi.com*

3. **GEORGE FOREMAN EASY TO CLEAN INDOOR/ OUTDOOR BBQ** *$149.95, georgeforeman.com.au*

4. **SAVANNAH AVO SHARK** *$14.95, vgminternational.com.au*

5. **VITAMIX S30 BLENDER** *$845, vitamix.com.au*

6. **GOODNESS ME BOXES** *$25 per month, goodnessmebox.co*

7. **THE BIG BOOK OF FABULOUS FOOD BY JANE KENNEDY** *$45, hardiegrantgift.com.au*

8. **GEORGE FOREMAN EASY TO CLEAN GRILLING MACHINE** *$99, georgeforeman.com.au*

Be well

Fall asleep *faster*

Experts tell us repeatedly not to watch a screen when we want to doze off (that blue light is stimulating, like sunlight), so why are they now suggesting that we curl up in bed with YouTube? For one weird but apparently effective sleep remedy: to watch people whispering and brushing their hair. These clips seem to put viewers into a relaxed, drowsy state by triggering a pleasurable tingling sensation in the head and back that pros call autonomous sensory meridian response (ASMR). "The phenomenon hasn't been studied, but anecdotal evidence suggests that it can work," says sleep neurologist Dr Carl Bazil, the director of the Department of Neurology's Sleep Center at New York–Presbyterian/ Columbia University Medical Center, US. In fact, thousands of insomniacs report drifting off shortly after watching these videos. The muffled sounds in the clips might act as a kind of white noise or a form of self-hypnosis, both of which have been shown to induce sleep, Dr Bazil explains. To try it, search for "ASMR" on YouTube, and dim your screen before watching.

YOU AND YOUR CREW

How kids chill you out

Yes, you read that right. They may sometimes drive us crazy, but in the big picture, kids actually bust stress, say researchers from Arizona State University in the US. That's because children get us involved in activities that lead to meeting and socialising with other adults, explains Dr Chris Herbst, the study author. "**Social connections increase people's sense of purpose**, which results in less stress and more happiness," he says. So instead of seeing all those kiddie birthday parties and soccer games as nightmare time-sucks, look at them as your chance to chat with other people and relax.

HEALTH EQUATION

The coffee cure

YOU + *4 CUPS OF JAVA A DAY* = **20%** *REDUCTION IN YOUR RISK OF MELANOMA*

Coffee contains good-for-you compounds like caffeine and polyphenols, which studies show can suppress UV-triggered tumour growth.

Top: Photograph by Colleen Rentmeester/Trunk Archive. Bottom: Photograph by Offset

SIP SAFELY
The acid in flavoured soft drinks can erode tooth enamel – another reason to choose plain soda.

Q:

I recently got a SodaStream, and I'm drinking tons of soda water. But I've heard the carbonation could weaken my bones. Is that true?

No – as long as you're drinking it plain, says dietitian Maria Dalzot. But studies have linked the phosphoric acid, sugar and caffeine in some flavoured fizzy drinks to low bone-mineral density, she notes. Read the labels on any flavourings you add to your homemade soft drinks. If they contain these ingredients, swap them for a squeeze of lime or other fruit juice.

Watch out for muscle cramps this summer

Nighttime leg spasms are twice as common in the warm months as in the winter, new research in the *Canadian Medical Association Journal* found. And frequent exercisers are especially at risk due to post-workout muscle tightness, says sports medicine specialist Dr Jordan Metzl. When a cramp strikes, sit or stand up, extend your leg, flex your foot and reach for your toes without bending your knee, Dr Metzl suggests. This stretches the contracted muscle, which helps disrupt the spasm. Leg cramps can be triggered by dehydration, he adds. Drink at least 1.5-2 litres of water a day to prevent them.

STAVE OFF CRAMPS
Stretching after exercise and before bed may keep leg cramps from waking you up later.

A NEW DETOX

You want your home to be a healthy zone, but household cleaners labelled "non-toxic" or "organic" are not necessarily risk-free. According to a new study from the University of Melbourne, some of them give off potentially harmful chemicals in the form of gas. So we found some fumeless de-germers:

All-purpose cleaner =
½ cup white vinegar
+ 2 cups water
+ juice of 1 lemon
(Do not use on marble or granite.)

Wood polish =
½ cup olive, almond or fractionated coconut oil
+ juice and peel of 1 lemon
(Combine ingredients a day in advance for the best results.)

Bathroom disinfectant =
½ cup white vinegar
+ ½ cup vodka or rubbing alcohol
+ 20 drops tea tree oil

Glass cleaner =
2 cups water
+ 2 tablespoons white vinegar
+ 2 tablespoons rubbing alcohol

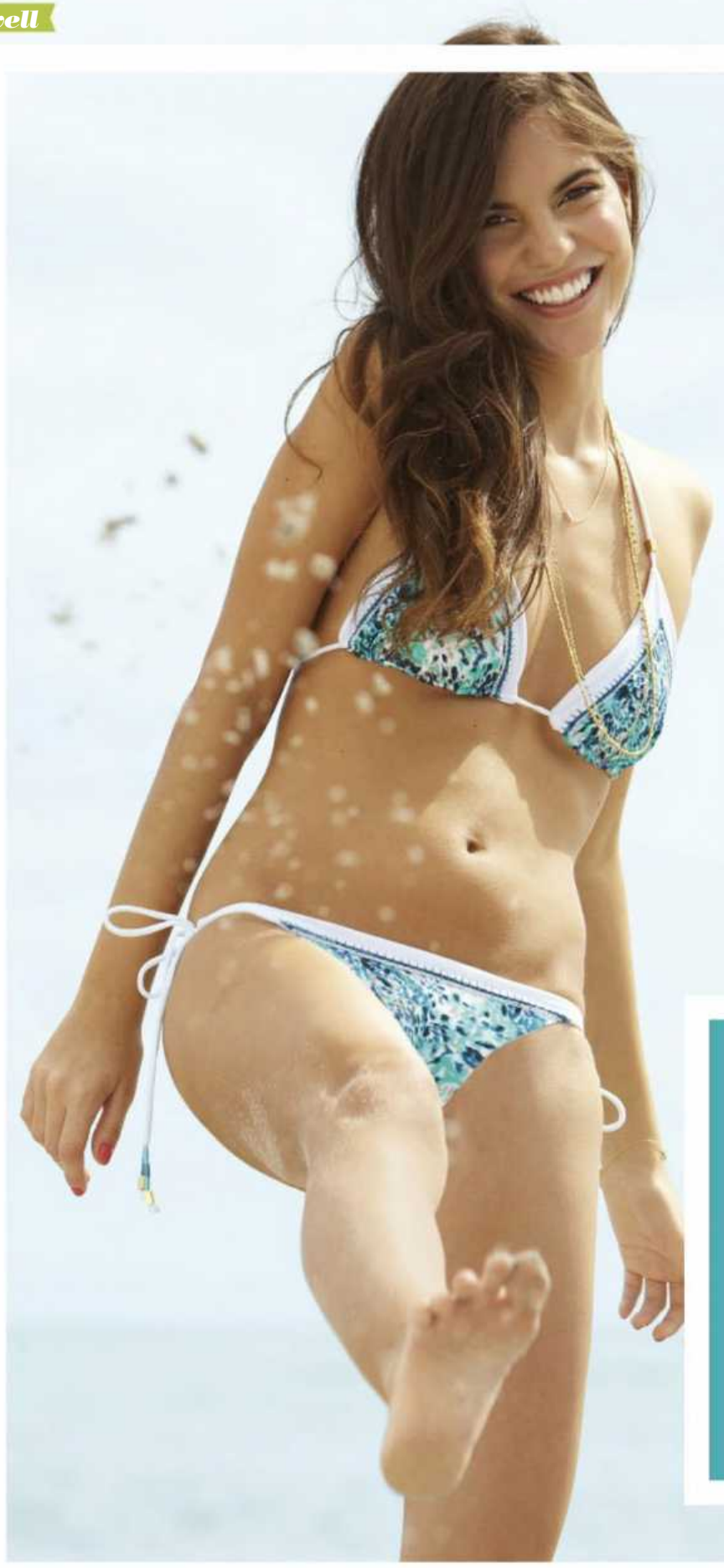
SOURCE: Becky Rapinchuk, the author of *The Organically Clean Home*

Clockwise from top left: Photograph by Offset. Photograph by Getty Images. Photograph by Coliena Rentmeester/Trunkarchive.com

SUNDAY school

BY KRISTA BENNETT DEMAIO
PHOTOGRAPHS BY DENISE CREW

How you apply sunscreen, the lifestyle choices you make and even the foods you eat can determine how well your skin stands up to UV rays. To help boost your protection and reduce your risk of sunburn, wrinkles and skin cancer, try these derm-approved moves.



MAKE OVER YOUR MEDICINE CABINET

Popping an OTC pain reliever might soothe sore muscles, but it can also leave you with lasting sun damage. Light particles may react with chemicals in certain pain relievers, making skin more sun sensitive, explains dermatologist Dr Jordana Gilman. "The biggest culprit is naproxen," she says. "But the effect has been reported with ibuprofen as well." Some antibiotics, contraceptives, topical retinoids, diuretics and antidepressants can also heighten sun sensitivity. Talk to your doctor and check your meds for their potential side-effects. To play it safe, reapply SPF every two hours, switch to a more sun-safe pain reliever like acetaminophen and ask your doc about less photosensitising prescription drugs.

DOUBLE UP ON CERTAIN SPOTS

A shot glass's worth of sunscreen is enough to cover your whole body, but derms say you might want to add a second coat to your nose, lips, hands and ears and the tops of your feet – areas that tend to burn. "You won't be doubling the protection, but you may actually get the SPF listed on the bottle with two coats," says dermatologist Dr Ava Shamban (Studies have shown that of those people who use sunblock, most apply only half the recommended amount.)

SIT IN THE SHADE

Time in the sun can give you more than a burn; it may lead to a dreaded summer cold by suppressing your immune system, says dermatologist Dr Leslie Baumann. To protect yourself, seek shade and wear SPF daily. Too late? Boost your intake of vitamin C – nosh on citrus fruits, strawberries and capsicum – and use creams that contain the nutrient. "Studies show that vitamin C helps your immune system work better, and it's a powerful antioxidant that will neutralize free radical damage," Dr Baumann says.

SCAN YOUR LABELS

In 2012, the Therapeutic Goods Administration announced a new standard for sunscreens, increasing max sun protection factor from SPF30+ to SPF50+. The standard requires the same level of UVB protection, with improved UVA protection for new formulas. UVB is the major cause of sunburn and increased skin cancer risk. The new standard also means sunscreens can no longer be labelled as "water proof" or "sweat proof", as these claims are actually misleading. They can only be labelled "water resistant" or "sweat resistant".

PRACTISE DAMAGE CONTROL

Keeping skin safe goes beyond shielding it during daylight. The effects of just 10 minutes of unprotected sun can last up to 72 hours, says Dr Eric Bernstein, a dermatologic surgeon. "When the sun hits the skin, it rearranges the collagen and elastin, triggering inflammation for days," he says. To speed up repair, Dr Bernstein suggests a nighttime regimen that includes antioxidants, such as vitamin E, to reduce inflammation, and peptides to help the skin heal itself. And go ahead, indulge in dessert: dark chocolate is full of bioflavonoid antioxidants, which shield skin from free radical damage caused by UV rays, says Dr David Katz, director of the Yale University Prevention Research Center in the US. And its effects are cumulative. "Several ounces a week, along with regular SPF use, should provide continuous protection," he says.

GO FOR A MORNING RUN

The early bird gets the worm – and possibly a reduced risk for skin cancer, according to a study from the University of North Carolina, US. Based on preliminary findings, scientists believe that a protein responsible for DNA repair is more active in the morning, which may mean that morning sun is far less likely to damage your skin. But this isn't an excuse to ditch the SPF: "Rays are strong enough to burn your skin even at dawn," says dermatologist Dr Jeanine Downie.

FAKE IT

Self-tanner does more than give you a healthy glow; it may lead to healthier sun habits, a new study revealed. Researchers found that nearly 40 percent of people who used sunless tanners reported that they were less apt to sunbathe or visit a tanning salon. That's great news considering that, according to another study, women who used tanning beds were almost 70 percent more likely to develop basal cell carcinoma before they turned 40. If you're one of the few women who still goes to tanning salons, consider trying a faux glow instead and get your skin examined by a derm stat.

ACCOUNT FOR GLARE

If you think you can skip the sunscreen just because you're sitting under an umbrella, think again. "Wearing a hat or using an umbrella is better than no protection, but UV reflection can still cause damage," says dermatologist Dr Bruce Katz. At the beach, the sand reflects 15 percent of UV light, water throws off up to 10 percent and sea foam bounces back 25 percent. Bottom line: wear sunscreen, even if you're under cover.

SKIN CHECK, PLEASE

The sooner a skin cancer is identified and treated, the better chance you have of avoiding surgery, potential major scarring and even death. Get to know your own skin, and head to the doc stat if you see any changes. And get your skin checked by a professional every year. Here are some things to remember:

Show the dermatologist any injuries Researchers have found that cancers tend to develop around cuts and in scar tissue. Be sure your doctor examines any wounds, old or new.
Remove your nail polish Colour can hide irregular spots. "Cancer can affect the skin around and under the nails," says dermatologist Dr Elizabeth Tanzi.
Go twice for extra height If you're tall, consider getting your skin checked at least two times a year. A study found that women over five feet six inches (167.5cm) had a 30 percent greater risk for developing melanoma than those under five foot three (160cm). Height is associated with growth hormones that may play a role in the development of skin cancers.

TOP BLOCKS

Regular sunscreen use can reduce your risk of melanoma by 50 percent. Here are some of our favourite SPF picks:

BEST FOR

1. ON THE GO *Billie Goat Natural Zinc Sunscreen ($24.95, billiegoatsoap.com.au)* This lightweight sunscreen absorbs rapidly into skin. The formula contains zinc oxide to protect skin from the sun and aloe vera to calm. It also features goat's milk, vitamin E and calendula.

2. SENSITIVE SKIN *Banana Boat EveryDay Sensitive SPF50+ ($16.49, Woolworths/Safeway, Coles, Priceline, Big W, Kmart, Target, and selected pharmacies and independent supermarkets)* This is formulated to provide optimal protection for sensitive skin and is ideal for those who may avoid using sunscreen for fear of irritation. It's lightweight, fragrance-free, non-greasy formula offers broad spectrum UVA/UVB protection.

3. OILY SKIN *Benefit Big Easy Complexion Perfector ($58, Benefit Boutique, MYER stores nationally, myer.com.au/benefit)* This uses a liquid-to-powder formula that balances moisture, controls oil and protects skin with an SPF30. The complexion perfector melts like a cream, yet finishes lightweight and smooth like a powder.

4. FOR THE FACE *ModelCo Daily Face Mattifying Sunscreen and Lipbalm SPF50+ ($25, modelcocosmetics.com/)* A two-in-one product that combines a lip balm with a sunscreen. The sunscreen is a smooth and lightweight face milk that protects against UVA and UVB rays. It provides a tinted, lightweight coverage and works to even out the skin tone. The lip balm is SPF50+ and will work to protect the lips, while the compact mirror on the lid of the balm ensures a precise application.

5. SPORT *Neutrogena CoolDry Sport Sunscreen Spray SPF30 ($16.99, 1800 678 380)* A light sunscreen spray that provides broad spectrum UVA/UVB protection. The lightweight, oil-free formula contains MIRCROMESH™ technology that allows sweat to pass through and evaporate without compromising sun protection. It's sweat resistant, oil-free and 80 minutes water resistant. The lotion works to keep skin cool, comfortable and protected.

6. EXTENDED TIME OUTDOORS *Nivea Sun Ultra Sport Protect ($17.99, Priceline, Myer, Target, Kmart, Big W and selected pharmacies)* gives highly effective sun protection while also refreshing and hydrating the skin. The formula provides long-lasting, very high broad-spectrum SPF 50+ UVA/UVB protection.

THE SURFERS' BIBLE

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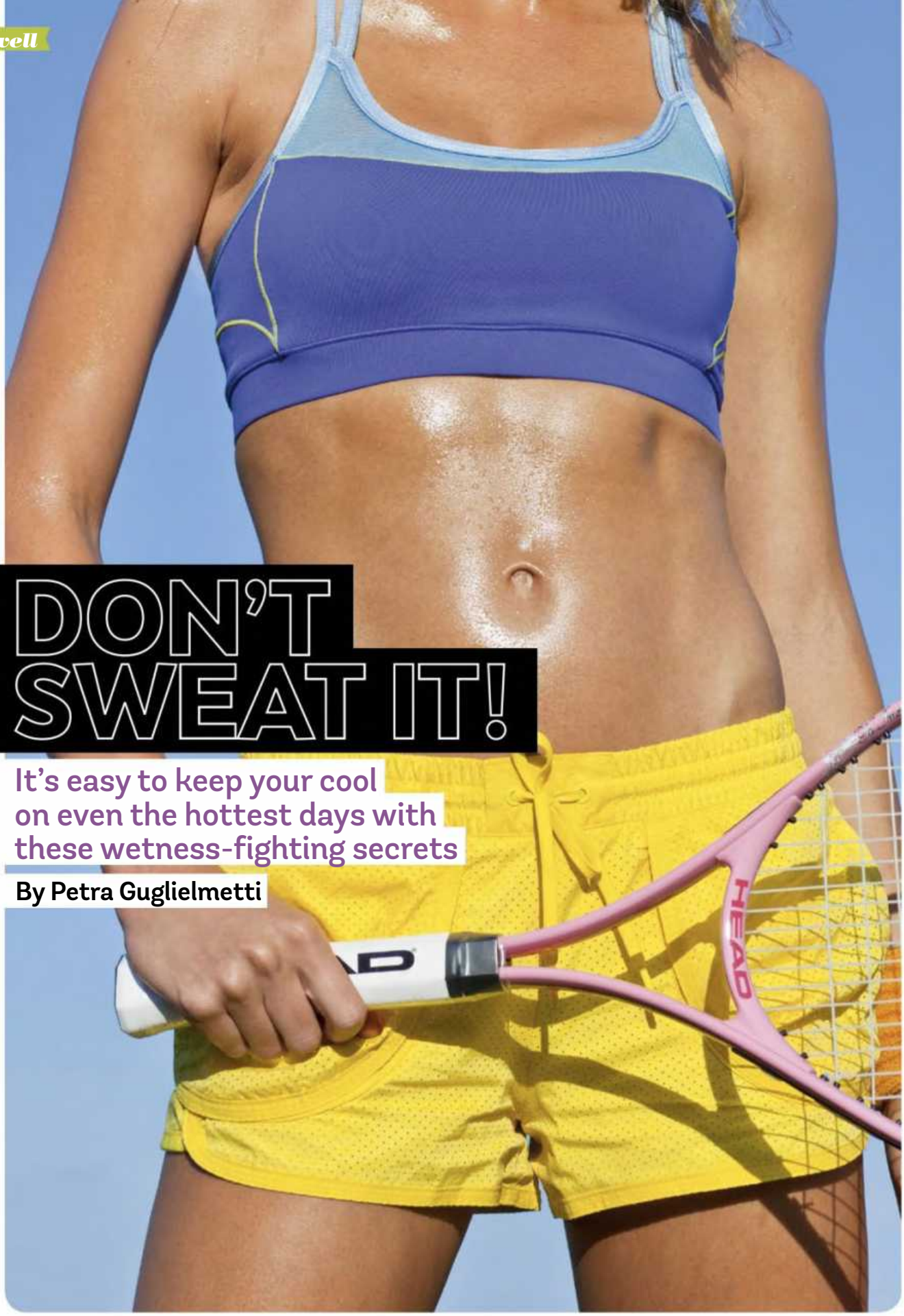


DON'T SWEAT IT!

It's easy to keep your cool on even the hottest days with these wetness-fighting secrets

By Petra Guglielmetti

To outsmart sweat, it helps to know exactly what it does.
When this mix of water, salt and other minerals evaporates from your skin, it cools you down, allowing your body to maintain its core temperature. "There are two kinds of sweat: eccrine, a thin liquid that occurs all over the body when it's hot outside or when you exercise, and apocrine, a thick secretion found mainly at your underarms," says dermatologist Dr Dee Anna Glaser, president of the International Hyperhidrosis Society. Apocrine is tied to odour and is typically related to stress.

Although your diet, health and emotions may play a role, how much you sweat is mostly determined by genetics, as is where you sweat. The most common spots are your underarms, palms, soles and forehead because they have the highest density of sweat glands. (The underarm area is home to a bacteria that digests sweat and produces BO.) Sweat patterns are highly individual, however: for instance, your back might perspire first because the glands there are quickest to respond to your brain's signals in times of heat or stress, Dr Glaser says.

But sweating isn't only about your DNA. "Part of how much we sweat is adaptation," explains Dr James Winger, a sports medicine specialist. "People who are used to a hot environment sweat more efficiently, as do athletes, whose bodies have been trained to disperse heat quickly." He points to how runners prep for races like a marathon in the Top End by training in similarly hot conditions. Dr Glaser agrees, adding that "if you acclimate like this for even two to three weeks, your body will learn to maximise heat release."

2 MILLION TO 4 MILLION
Number of sweat glands in the body

HOW TO STAY DRY

First, choose the right product: antiperspirant. Deodorants curb odour, not moisture; antiperspirant-deodorant combos tackle both. Some people opt for deodorant because their sensitive skin reacts badly to antiperspirants. Others avoid it because of rumours that aluminium-based compounds – the active ingredients in most antiperspirants – have been linked to cancer or Alzheimer's disease, but clinical studies show no evidence of such a connection. Whether you use a solid, a gel or a roll-on doesn't matter, but the time at which you apply the stuff does: derms recommend putting on antiperspirant before bed at night and then reapplying it in the morning for the best results. "For your antiperspirant to work, it has to get into the sweat glands and block them," explains dermatologist Dr David Bank. "Overnight, you're calm and cool and your skin is completely dry, so a much higher percentage is going to be absorbed.

You can apply antiperspirant anywhere that sweat surfaces, but watch for irritation, especially on sensitive spots like your chest. For the area under your boobs, dust on baking soda when your skin is clean and dry. "Baking soda is antibacterial and anti-inflammatory. In addition to drying up moisture, it prevents irritation," Dr Bank says.

NATURAL SWEAT STOPPERS

Deodorant is likely the number one thing in your gym bag and an essential for every day, but did you know there are more options for deodorant than just the ones you see in the supermarket? There's a huge variety of natural deodorants that are free from chemicals, which could be perfect for you. Here are three of our favourites we suggest you try:

1. WELEDA CITRUS DEODORANT *$20.95, weleda.com.au* An organic, non-aerosol spray that refreshes skin and eliminates the sources of unpleasant body odour. It supports the body's natural detoxification process by neutralising the bacteria that causes odour. It's NATRUE certified organic and free from synthetic ingredients such as aluminium salts.

2. LUSH T'EO DEODERANT *$9.95* Antibacterial tea tree and fresh green grapes pack a punch, making this a great choice for anyone who exercises regularly. This deodorant is also 100 vegan. Available at Lush stores nationwide

3. BLACK CHICKEN AXILLA DEODORANT PASTE *$18.50, nourishedlife.com.au* This organic deodorant paste is formulated to neutralise underarm odour instantly and keep you fresh without inhibiting your sweat glands' ability to dispel toxins. It lasts all day – even when you're working out – and the paste is invisible after application. Blended with pure essential oils. It's vegan and not tested on animals.

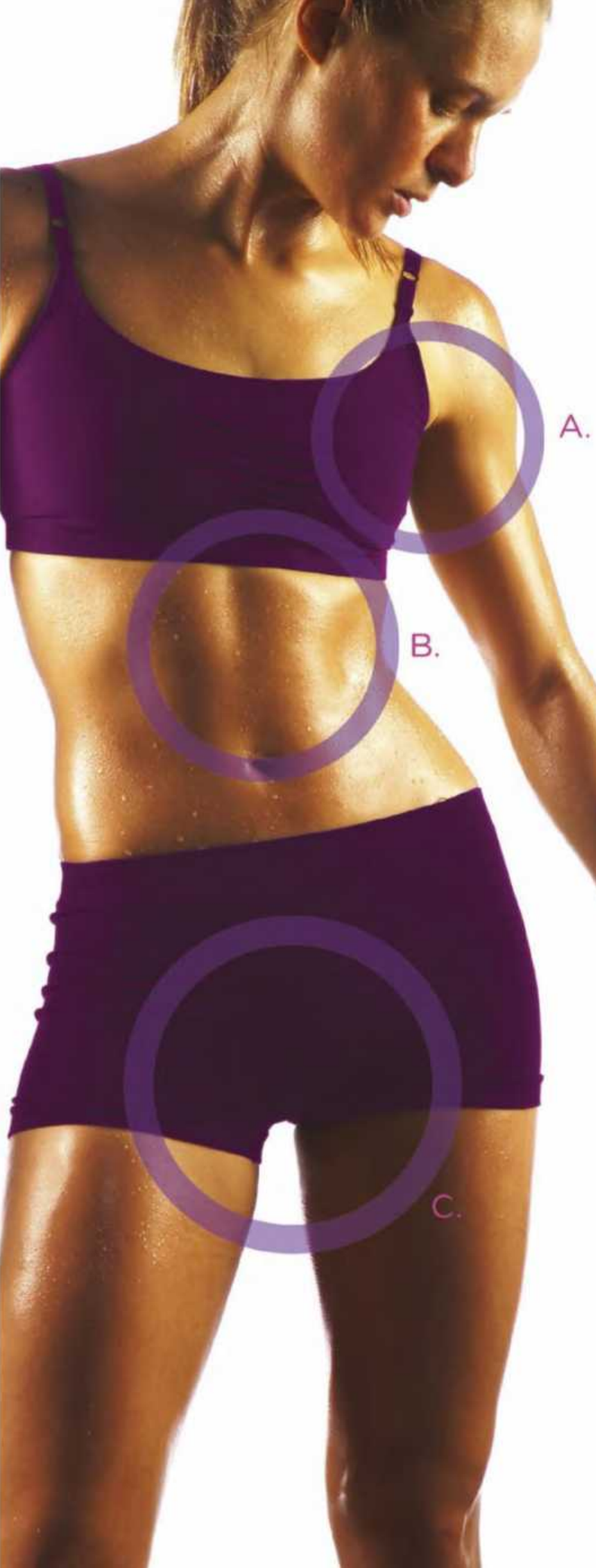
PREVIOUS PAGE: LAURA DOSS. ALO BRA. ADIDAS BY STELLA MCCARTNEY SHORTS. THIS PAGE: PETER ARDITO

2 LITRES
Amount of sweat a well-trained athlete can generate in an hour

To absorb sweat on your scalp, use dry shampoo, and to keep feet dry, try sweat-wicking inserts like Footcare Dry Comfort ($3.99, priceline.com.au), Dr Glaser suggests. To prevent "down-there" sweat, opt for an absorbent powder designed for that area. Your workout wear also makes a difference. Invest in high-tech synthetic fabrics that feel airy and wick moisture away from your skin.

If it takes you forever to cool down and dry off post-workout, jump into as cold a shower as you can stand. "Anything that lowers your core temperature will help you stop sweating sooner," Dr Winger says. Short on time? Simply stick your feet under the spray. Humidity, which prevents sweat from evaporating, may also be part of the problem. The only real fix is to take it easy. "If it's a very humid day and you're out running, slow your pace," Dr Winger says.

If you sweat a lot, doctors often recommend laser hair removal for your underarms. "I find that it leads to less sweat production and decreases odour too, because your hair accumulates more bacteria than your skin," says dermatologist Dr Mary Lupo. For people with hyperhidrosis, or excessive sweating, dermatologists offer more dramatic solutions, like prescription-strength antiperspirants, such as Drysol, which contain 25 percent aluminium chloride and are also effective on your palms and feet, or injections of Botox, which temporarily deactivates your sweat glands. For smaller zones, like the underarms or hands, results last six months to a year. S



Question:

Where do women have the most sweat glands?

Answer: C

Yes we know, it's an intimate subject but there's no getting around the fact that you have more sweat glands in your intimate area than under your arms. No wonder those intense workout sessions can lead to that "yucky" unpleasant experience. And if you struggle with this feeling you are not alone, did you know that over 22% of Australian women experience intimate odour daily?

Vagisil Fresh Plus Intimate Wash is the only intimate wash formulated with Odour Control Protection that ingeniously stops odour before is starts by working directly on odour molecules, making sure they don't come into contact with air. Instead of masking odour with "flowery" fragrances, Vagisil actually prevents it and leaves you feeling clean, fresh and confident.

So the only thing you have to worry about when you hit the gym, is exceeding your P.B.

For more information from the intimate health experts visit Vagisil.com

Specially developed for delicate intimate skin and pH Balanced

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*Feminine Symptom Incidence Study, Australia 2013

In the HOT SEAT

A sedentary lifestyle makes you a sitting duck for heart disease, diabetes and obesity – even if you work out regularly. Follow our easy advice to increase energy, rev your metabolism and get your butt moving.

BY
ANNA MALTBY

I'M A PRETTY HEALTHY PERSON, BUT THERE'S A TERRIBLE HABIT THAT I DO EVERY SINGLE DAY. I'M ACTUALLY DOING IT RIGHT NOW. AND I BET YOU ARE, TOO.

The thing is, we all know that sitting is slowly killing us. Our bum-in-the-seat lifestyle – as in desk job, commuting, *Game of Thrones* marathons – is raising our risk for obesity (one study found that for every two hours a day that women spent sitting and watching TV, they had a 23 percent higher risk) and cancer (a 2014 meta-analysis suggested that every two hours of sitting increases your risk for certain cancers by 8 to 10 percent), as well as diabetes, heart disease and early death (for every two hours of daily sitting while watching TV, your risk for those three increases by 20, 15 and 13 percent, respectively).

"The human body hasn't changed over the last several hundred years, but the way we live has," says Dr James Levine, the author of *Get Up! Why Your Chair Is Killing You and What You Can Do About It.* "We've gone from an agricultural lifestyle, in which we spent only a few hours each day sitting, to one in which the average worker sits for 12 to 15 hours a day." If life-threatening diseases aren't enough to freak you out, there are more immediate effects: lower energy, muscle atrophy, reduced mobility in our joints and a saggy rear end, says Jill Miller, the creator of Yoga Tune Up, a fitness program that improves posture and relieves pain. But there's a twofold problem here: first, we're creatures of habit, and the vast majority of us *really* aren't interested in standing all day. (Hello, I'm in a chair, even as I write about why that's so bad.) Second, standing up all the time isn't amazing, either: as anyone who's ever waited tables or worked behind a bar can tell you, being on your feet for eight hours can be exhausting, painful and even bad for your health. "Standing puts greater strain on the circulatory system and on the legs, feet and back," says Dr Alan Hedge, the director of the Human Factors and Ergonomics Research Laboratory at Cornell University in the US.

If sitting too much is bad and standing too much is also bad, what's the answer? The experts are trying to figure that out. "It's clear that we shouldn't be sitting for extended periods, but when it comes to official recommendations, we're not there yet," says obesity expert Dr Peter Katzmarzyk. "It takes decades of research to establish guidelines like the ones that exist for physical activity." Until then, we have put together a plan for you backed by the early science. And get this: the strategies are surprisingly easy to follow. Trust me – I tried them.

SIT LESS, STAND MORE

It's all about finding the right balance for you. If you're an on-the-move type, that may mean being on your feet for most of the day and sprinkling in a few sitting breaks to take pressure off your back. "I stand while leading my classes, but standing is also my preferred mode of working; I stood 70 or 80 percent of the time while writing my book," says Miller, the author of *The Roll Model: A Step-by-Step Guide to Erase Pain, Improve Mobility, and Live Better in Your Body.*

On the other hand, if you're a typical desk jockey or can't stay focused while on your feet, the right schedule might look more like this: sit when you need to and take a 10-minute standing break once an hour. To ease neck and back strain, it's important for several of your breaks from sitting to also be breaks from typing. Step away from the computer to make a call or do some gentle exercises (see "Must-Do Moves," on the facing page).

MAKE IT WORK It's totally OK to set a timer until you get into the habit. Luckily, I have a built-in reminder: I drink a ton of water. I've started using my at-least-hourly bathroom trips (TMI?) as reminders to spend a few extra minutes standing. When I get back to

IT'S THE DEVIL IN DISGUISE: YOUR OFFICE CHAIR JUST MIGHT BE HELL ON WHEELS FOR YOUR HEALTH

my desk, I stay on my feet while I check my to-do list, organise papers, open mail or (OK, fine) check social media. And those stretches? They feel amazing – who cares if I look weird at my desk? In fact, the most common reaction I get from coworkers is "Ah, man, I need to do that, too!"

SIT AND STAND PROPERLY

Posture is key: hunching forward causes pain; compresses your lungs, thus reducing their capacity and depleting you of energy; and puts extra stress on your neck and back. "Every inch your head hangs forward translates to an extra 10 pounds of weight on your spine," Miller says. That's 4.5kg!

Movement is also crucial. Translation: fidget! Try to shift sitting positions every 15 minutes or so (put one foot up on your chair, cross one ankle over the other knee, contract and release your glutes). If you're standing, shift your weight from one foot to the other or lift one leg up on your desk in standing pigeon pose.

MAKE IT WORK I'm a pretty antsy person, so I shift around a lot in my chair anyway. After catching myself hunching toward my computer screen one too many times, I grab two of Miller's Yoga Tune Up balls (yogatuneup.com) and nestle them right behind my upper back (a tennis ball would work, too). I get a nice, gentle massage, and I have to stay upright to avoid letting them slip out of place – automatic good posture.

MUST-DO MOVES

Fight droopy desk butt with this simple plan. Do these office-friendly stretches from Jill Miller, the creator of Yoga Tune Up, several times a day. If your chair has wheels, position it against a wall for stability.

1 BREATH DIVE

- Stand with feet hip-width apart. Inhale as you sweep arms overhead to clasp hands.
- Hold breath for 10 to 15 seconds and tighten every muscle in body, attempting to pull hands apart and to spread the floor apart with feet.
- Exhale and return hands to sides. Let breath return to normal, then repeat 10 times.

2 GLUTE REBOOT

- Stand facing a chair. Hinge at hips and place forearms on seat, allowing both knees to bend slightly.
- Contract core and buttocks as you raise right foot toward ceiling, keeping spine neutral. Hold for 5 seconds, then slowly lower. Repeat 5 times, then switch sides and repeat.

3 HIP-FLEXOR STRETCH

- Facing chair, step right foot onto seat and reach forward to rest hands on top of chair for stability. Bend left knee towards ground while contracting left gluteal muscles.
- Engage leg and hip muscles as if pulling both feet toward each other.
- Brace core, breathe deeply and hold for 30 seconds to 1 minute; switch sides and repeat.

CHOOSE SOMETHING YOU'LL ACTUALLY DO

Gadgets and gear can motivate you to move, but some of us just won't rack up treadmill miles in the middle of a cubicle farm, Katzmarzyk says. "People get standing and walking desks, use them a lot at first and then taper off until they're mostly sitting again," he explains. This also means that if you are into walking or pedalling, you should ease in – add a bit of movement to your day at a time – so you don't burn out.

MAKE IT WORK Confession: I've had access to a bicycle desk and a treadmill desk – both free – for months now, and I've never so much as attempted either one. The thing is, I hate Spinning and I hate treadmills.

PROP STYLIST: DOMINIQUE BAYNES. ILLUSTRATIONS: TRIONA MOYNIHAN

GEAR GUIDE

Standing and moving are free, but a little equipment can make it easier (and more fun!). A few of our faves:

ADJUSTABLE DESK
Lower the **Ikea BEKANT Corner desk** when you need to sit, raise it when you're ready to stand. ($349, ikea.com.au)

SIT-STAND CONVERTER
Stuck in a corporate cubicle? The **Varidesk** converts your desk into an adjustable sit-stand situation. (Prices vary, au.varidesk.com)

CYCLE AT YOUR DESK
Pop the **DeskCycle** under your desk and pedal away. ($229, magnetrainer.com.au)

BALANCE BOARD
Add a little challenge to your standing hours by spending some of them on the **IndoBoard**, a surfboard-inspired device that throws you slightly off-balance to engage the muscles in your legs and core. ($179, indoboardaus.com)

REGULAR WORKOUTS AREN'T ENOUGH TO OFFSET THE 12 TO 15 HOURS THAT MOST AUSTRALIANS SIT EVERY DAY

So what works for me? Standing as often as it makes sense for the task at hand, taking lots of walking breaks and stretching and moving several times throughout the day.

MOVE, ESPECIALLY AFTER YOU EAT

Typically, when a person eats breakfast, lunch or dinner and then sits in a desk chair or on the lounge for the next hour or two, she experiences "mountainous" spikes in blood sugar, Dr Levine says. But if, instead, she gets up and walks around – even for just 15 minutes – she cuts those blood glucose increases in half. "That's important, because those 'mountains' are the number-one physiological predictor of type 2 diabetes," Dr Levine explains.

MAKE IT WORK I don't exactly know why, but the mental image of ginormous blood sugar spikes, and the fact that a simple, quick stroll (which feels nice after a meal anyway) can cut down on them so dramatically, really got me on my feet. It's built in after breakfast, because I walk around then to prepare for the day; so after lunch I have to remind myself to meander. After dinner, I walk in place while I do the dishes instead of letting them sit in the sink until morning. My kitchen is tidier, and my abs are tighter.

FIGHT BACK WITH EXERCISE

While there have been conflicting study results as to whether a workout can counteract all the negative health effects of sitting, it doesn't seem likely. "The reason is simple: if I eat breakfast, lunch and dinner and then go to the gym, those blood glucose mountains have already happened," Dr Levine explains. "It's too late." Plus, single-action cardio – in which you're on a machine for a long time – keeps you in one position instead of activating new muscles and improving mobility and stability, Miller adds.

That said, exercise, especially the right kind, is incredibly good for you. Functional weight-bearing moves (think squats, kettlebell swings and deadlifts) are the best things desk jockeys can do. Don't spend your whole session sitting on a bench or an exercise ball, says Adam Bornstein, a trainer and the founder of Born Fitness. "Standing works your core no matter what you're doing and automatically engages your whole body," he says. When it comes to cardio, trade your tried-and-true treadmill for a circuit of squat jumps, burpees and jumping jacks, or swap your beloved recumbent bike for treadmill intervals. And don't forget yoga. It improves body awareness, so the poses you strike on the mat will pay off in your desk chair.

MAKE IT WORK I recently started CrossFit; the result is that functional movements like squats and dead lifts are part of my routine twice a week. I also hit a weekly yoga class, where I work on flexibility and mobility in my hips, which get stiff if I've been bad about sitting all day. Because I'm allergic to cardio, I use a Fitbit to motivate myself to move more – if I'm not getting close to my 10,000 steps, I'll get off the train a stop early and walk the rest of the way home. I'm not sitting as much as I used to, and my body looks and feels better for it. S

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BEAT SUMMER BLOAT

You're eating light, fresh foods, which is good. But they can do a number on your stomach. Here's how to flatten it fast.

BY JUNO DEMELO

All those salads, crudités and fruits that you're practically living on at this time of year tend to be low-cal and nutrient-packed, yes, but they can be hard for your body to digest. And when your system is struggling, it sends an SOS in the form of bloat. Not fun in swimsuit (or any) season. Deflate, and stay flatter, with these six strategies.

FEED YOUR GUT

Your daily yoghurt is already helping in the battle of the bulge because it promotes the growth of good-for-you bacteria in your belly. (If you don't have a yoghurt habit, start one.)

Makeup by Eric Vosburg/ABTP.com; manicure by Isadora Rios/ABTP.com

Now amp up the benefits by giving those bugs the food they need to thrive. "Prebiotics are like Miracle-Gro for your good gut flora, providing them with the type of fibre that they feed on," says dietitian Kathie Swift, the author of *The Swift Diet: 4 Weeks to Mend the Belly, Lose the Weight and Get Rid of Bloat.* Work asparagus, artichokes and bananas – all high in prebiotics – into your diet as well.

GET THINGS MOVING

A summer getaway means not only an escape from the daily grind but also a departure from your usual habits, and an unfortunate side effect of that schedule change-up is constipation. The good news: you can combat it with just 10 minutes of cardio. "Aerobic activity increases blood flow to your GI tract, which helps move food more quickly through your system," explains Dr Felice Schnoll-Sussman, the director of the Jay Monahan Center for Gastrointestinal Health at New York–Presbyterian Weill Cornell Medical College, US. Take a barefoot run on the beach, go for a swim in the hotel pool or just do some jumping jacks.

GRILL YOUR VEGETABLES

Or steam or stir-fry them. If you're not used to eating a lot of raw vegies, your system can have trouble digesting the fibre they contain, leading to belly-expanding gas. "Cooking loosens up the cell walls of plants, increasing their digestibility," Swift says. If it's just too hot to cook, toss together lettuce, tomatoes and cucumbers, but steer clear of raw cruciferous vegetables, as they're some of the worst offenders. Can't imagine a summer without kale salad and cabbage slaws? Make them easier to digest by taking a supplement that has the enzymes that break down their sugars and fibre (such as BioCeuticals MultiGest Enzymes).

EAT YOUR FRUIT WITH A FORK

Many of the fruits you eat out of hand – like apples, peaches, pears and plums – contain a type of carb that creates gas and pulls water into your intestinal tract, making your bloating worse, says nutritionist Katie Cavut. Melon, pineapple and strawberries are easier on your system.

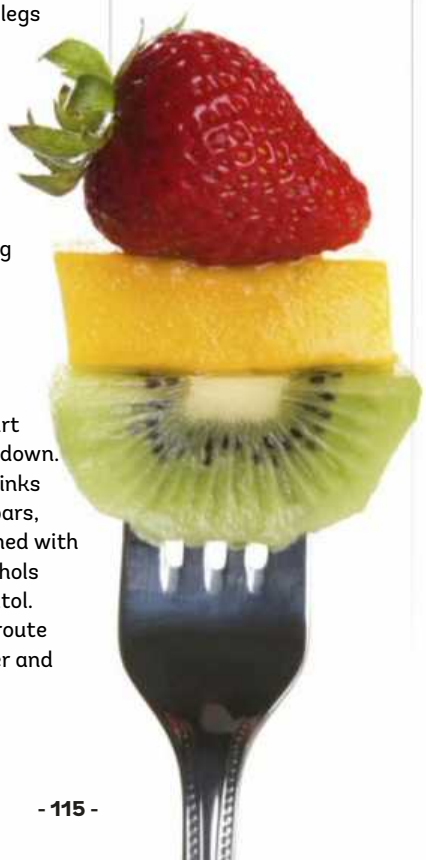
ROLL OUT YOUR YOGA MAT

Certain poses put pressure on your colon in ways that keep things moving along, helping to eliminate gases from the intestine, Dr Schnoll-Sussman says. For a wind-relieving pose, lie on your back, wrap your arms around your right knee and gently pull it towards your chest; repeat on the left side and then with both legs together. Next, get into a half plow by lying on your back and raising both legs until they're perpendicular to the ground. Hold each of the poses for four to eight deep breaths, doing them whenever you feel bloated or daily as a preventive measure.

GO NATURAL

Eating less sugar is smart and a great way to slim down. But don't turn to diet drinks and sugar-free protein bars, which are often sweetened with gas-inducing sugar alcohols such as sorbitol or maltitol. Instead, go the natural route with flavoured flat water and fruit-and-nut bars. S

Melon, pineapple, and strawberries are easier on your system than peaches and plums



INDULGE WITHOUT THE BULGE

You know some favourite foods make you puffy, but it just wouldn't feel like summer without them. With our smart swaps, you won't have to deprive yourself.

ICE CREAM

Lactose, a sugar in milk that quite a few people have trouble digesting, is the culprit here. And unlike yoghurt, ice cream has no probiotics to help balance it out. Try coconut- and cashew-milk ice creams instead. They taste creamy and indulgent but are dairy-free.

BEER

Those bubbles push out your stomach, so go for wine. (And stick with still, not sparkling – remember, the bubbles.)

BURGERS

One of these with the works can pack about 1200 milligrams of sodium. Add some fries to your plate and you've got yourself a serious salt situation, which prompts your body to retain water, making belly bloat even worse. Leave off the cheese and salty sauces (like barbecue, steak or teriyaki). Then wash the burger down with watermelon or coconut water, which are both packed with sodium-balancing potassium.

MAP OUT
your best year ever

Lose weight, exercise more, get organised. New Year's resolutions are great, but February comes and, wait, where did they go? We've already ditched them, probably because they were too vague and daunting. "Goals that you're passionate about – things you really want to do – are so much more fulfilling." says Dr Elizabeth Lombardo, the author of *Better Than Perfect*. That's why we put together an inspiring to-do list that includes travel, friends and fun fitness feats to make 2016 your year. OK, let's do this!

TAKE A VACATION BY YOURSELF

If you've ever dreamed of *Eat, Pray, Love*–ing it, now's the time. Half of women reported that now they're more likely to holiday alone than they were five years ago, according to a survey by Booking.com. And more than 60 percent said they felt more refreshed by going their own way as opposed to travelling with others. "In our busy, stressful lives, the greatest luxury is having downtime alone," Dr Lombardo says. "Solo trips help you identify what's important to you and what brings you joy." Experiencing new cities also opens up your world and sparks creativity.

Get started You don't have to go to Phuket for two weeks to score the benefits of solo travel. (But you can!) Book a weekend or even one night away. One of the easiest strategies is to tack a personal night or two onto a business trip, says Marybeth Bond, the author of the blog GutsyTraveler.com. Explore museums, go for a bike ride, drink a glass of wine in a bubble bath. Cheers to you!

Finding an old friend is like getting in touch with your old self, because this person has memories of you that maybe no one else has

KNOCK OUT A PULL-UP

Google women and pull-up and you'll stumble upon the crazy rumour that women aren't built to do this difficult upper-body move. It springs from 12-year-old research that found that few females could rip one out even after training. Trainer Allyson Goble disagrees: she can perform six and has schooled many others in the art.

Get started Goble suggests incorporating three sets of six to 10 reps of the following moves into your regular workout routine one to three days a week: begin with the lat pull-down machine to help develop key muscles and form and to get used to the motion. Then do chest and overhead dumbbell presses and rows to work your arms and shoulders. Next, hang from a pull-up bar, knuckles facing your body, and do knee raises (tighten your abs and pull your knees up to your chest) to improve grip strength. Move on to the assisted pull-up machine. Finally, go back to the pull-up bar and pull yourself up as far as you can, even if it's only a centimetre or two. Eventually, you'll be able to pull yourself higher and higher until your chin reaches the bar. It may take six months to a year and a half, though, so be patient.

SIGN UP FOR A RACE

Whether you're a running virgin contemplating a 5K or a veteran making a comeback: do it. "You'll feel a sense of accomplishment and pride when you cross the finish line, and that's powerful," Dr Lombardo says. You'll strengthen your ticker, too. Even runners who hoofed it for 50 minutes or less a week had 41 percent lower odds of dying from cardiovascular disease compared with non-runners, a study found.

Get started Pick a fun race like one by the Color Run (check out thecolorrun.com.au) or the Electric Run (electricrunaus.com.au), a nighttime running music festival – either is a great way to enjoy yourself without the pressure to perform. To build endurance, running coach Karen Meadows advises you to start with a run-to-walk ratio of one to one for 15 to 20 minutes three times a week. Once that feels easy (usually after a few weeks), bump it up to a two-to-one ratio. Or try the Couch to 5K app (frmo iTunes).

SET A QUITTING TIME – AND STICK TO IT.

You're still at work, and it's almost 7:00pm. Get your butt outta there! Work of high quality is more valuable than face time in the office, says career expert Alexandra Levit, the author of *Blind Spots*. Leaving the office on your own terms makes you feel in control and sends the message that you have a life outside work, she says. It's good for your mind and body, too. Long hours make you more likely to suffer depression, research shows. And one study found that working three to four hours of overtime a day increases your risk of heart disease by 60 percent.

PAGE 75: CHRIS CRAYMER/TRUNK ARCHIVE. THIS PAGE: BEN WATTS/TRUNK ARCHIVE

Get started Watch what time everyone else leaves and aim to depart at the midpoint. "You shouldn't be the first or last one out the door," Levit says. If you want to leave by 6:00, start sending your last emails of the day and finishing up projects at 5:00. But don't go home just to sit in front of the TV or computer. Put your free time to good use. Exercise (a bona fide stress buster and brain booster), have dinner with a friend, sign up for volunteer work or take a continuing education class in something that interests you, like photography or cooking.

DISCONNECT AND GET BACK TO NATURE

You're scrolling through email, Instagram and news apps before you're even out of bed in the morning. Sound familiar? Bundle up and go for a walk to pick up a newspaper instead. "Spending less time with electronics and more time exposed to natural light outside is my strong medical recommendation," says Dr Danine Fruge, the director of women's health and family medicine at Pritikin Longevity Center and Spa in the US.

"We were made to interact with our environment. Light is very important in the regulation of the hormones that affect our sleep cycle, metabolism and energy." Not getting enough has even been linked to obesity.

Get started Aim for 15 minutes of outdoor time twice a day at minimum. The first should be within an hour of waking up to reset those critical hormones. The second is up to you. Get out of the office for a coffee or lunch run; pay attention to your surroundings instead of your Facebook feed when you walk your dog. Carry your phone with you in case of an emergency, but resist checking it until you get home.

RECONNECT WITH AN OLD FRIEND

You couldn't live without your girlfriends, but what ever happened to...? "Finding an old friend is like getting in touch with your old self. This person has memories of you that maybe no one else has, so she gets you in a way that newer friends might not," says Dr Andrea Bonior, the author of *The Friendship Fix*. Reaching out to someone from your past can also help you understand why you lost touch or make amends if things ended badly.

Get started It's so easy to friend your old pal on Facebook and leave it at that, but try to actually get together IRL.

"It's the true test to discover if you still have a connection," Dr Bonior says. Go ahead and send a Facebook message and say you would love to grab coffee. If she seems interested, follow up with specific dates. Hopefully, you'll soon be cracking up about how ridiculous you looked going to your sophomore formal.

FIX YOUR FINANCES

You open your wallet and are shocked to find only $20 left of the $100 you took out at the ATM two days ago. That's the problem financial gurus are addressing when they say, "Know where your money goes." If you're not spending deliberately, you're not saving deliberately. That's bad, because you'll find it tough to reach for big goals, like a down payment on a house or a new car, says Jacquette Timmons, a financial behaviourist and the author of *Financial Intimacy*. Plus, you risk overspending, which can affect your bottom line – and your waistline. Women with money woes are more likely to be overweight, research shows, possibly because the related stress makes it harder to keep up healthy habits like exercising and eating and sleeping well.

Get started Monitor your cash flow using an app like Spendee (Android and iOS). It aggregates purchases into categories and tracks your spending history, providing a big-picture view of your habits. You'll be able to see where you can scale back, like eating out, and where you need to ramp things up, like adding to the holiday fund for that solo getaway you want to take. Ka-ching!

Need more inspiration? See over the page for 13 more motivating ideas that'll help make 2016 your fittest and most fabulous year ever.

GOAL AND GET IT

Your mind can make the difference between fitness success and staying stuck in your fat pants. Steal these tried-and-true mental tricks to reboot your routine and achieve the body you want.

TAKE A PLEDGE

First to-do: sign a contract with yourself outlining your goal. This simple commitment moves you from the contemplation stage to an action phase, making you

10 times

more likely to achieve your objective, research from the University of Scranton in the US found.

Be detail-oriented

Instead of abstract promises, such as "I will exercise more," draw up a game plan; you could, for instance, arrange workouts with a pal every Monday, Wednesday and Friday. "Vague goals seem overwhelming, so the more specific you are, the easier it is to concentrate on what you need to do to succeed," says Dr Steven Bray, an associate professor of kinesiology at McMaster University in Canada.

Log and lose

People who keep a daily record of their meals and exercise can lose twice as much weight as those who don't take notes. Get a leg up on your slim-down and start a food and activity journal today. Or try an app like MyFitnessPal.

Source: *American Journal of Preventive Medicine*

Want it

Simply desiring a healthy lifestyle can encourage good-for-you behaviour. People who have an intrinsically positive attitude about physical activity are more likely to engage in what experts call unintentional exercise, such as walking a little further instead of parking in the closest spot, which helps them burn more calories and stay healthy, a study in the *Annals of Behavioral Medicine* revealed.

TAKE TIME OUTSIDE

Being physically active in a green space outdoors improves mood and strengthens self-esteem, both of which are major motivators, according to research from the University of Essex in the UK. Even better: it takes only five minutes to reap the feel-good benefits, so do a lap around the park.

REJUICE YOUR PLAYLIST

TURNS OUT, WE SLOW DOWN OR SPEED UP WITH THE TEMPO OF OUR TUNES, ACCORDING TO FINDINGS FROM LIVERPOOL JOHN MOORES UNIVERSITY IN THE UK. TO LIGHT A FIRE UNDER YOUR FEET, CHECK OUT SONGZA.COM FOR PRESET CHANNELS OF FAST-PACED HITS.

High-five yourself

Visualising your victory through the eyes of others (say, imagining cheering Tour de France crowds as you tackle those climbs in Spin class) results in greater motivation to succeed, a study from York University in Canada found. The third-person perspective makes striving for our goals feel more meaningful.

PLAY THE FIELD

Starting to dread the treadmill? That brain drain could be shortening your sweat sessions. Exercisers who were pumped about a new routine spent

63%

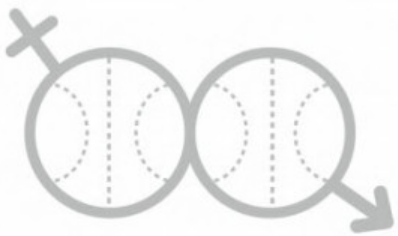
more time being active than those who were hesitant, a study in the *Journal of Sport and Exercise Psychology* revealed. Sample other cardio machines, classes or outdoor activities to find what truly moves you.

RAISE THE STAKES

People who had a financial incentive to lose weight were almost five times more likely to reach their target than dieters who had no money on the line, according to research in the *Journal of the American Medical Association*. Ante up for a challenge at dietbet.com: after four weeks participants who have lost at least four percent of their body weight get to split the pot.

Mind your mantra

Phrases intended to boost confidence – like "You've got this, baby!" – can improve your performance during workouts, a study in *Perspectives on Psychological Science* found. But orders to compete – for instance, "Win!" – may cause energy-sapping self-doubt. Stick to go-girl refrains the next time you sense that you're running out of steam.



Double up

Couples who started a new workout routine together clocked more exercise hours than people who enrolled solo, according to findings in the *Journal of Sports Medicine and Physical Fitness*. It's easier to adhere to good habits when your partner is on the same regimen. Single? Schedule a girls' kickboxing night.

Channel some team spirit

When it comes to overall fitness, women benefit more from playing soccer than running by themselves, scientists at the Universities of Copenhagen, Denmark, and Exeter, UK discovered. Besides the fixed time and place of games making it easy to stick to a routine, women find more motivation in the social interaction with friends. Not aspiring to be the next Ellyse Perry? Other team sports may reap similar benefits, so sign up for a local doubles tennis league or join an softball or netball team. No team around? Start your own!

JUST SAY YES

Will I exercise this week? Ask yourself this one simple question and you could more than double the workouts you do. People who exercised for only 10 minutes one week experienced a

138%

jump in sweat sessions the following week after posing the query – a subtle reminder to stick to their goals. *s*

Source: *Journal of Consumer Research Reports*

Bounce into summer

Bounce Apple Cinnamon Protein Punch balls are the perfect summer snack to keep you on the ball throughout the day. 100 percent natural and loaded with superfood ingredients for good health. Also available in six other flavours.
$3.50 each at Coles and au.bouncelifestyle.com

Roll and go

The Henty Tube Backpack is the ultimate sports bag for the active person. The main compartment has sealed seams that act like a dry bag, and the second compartment allows you to transport your clean clothes separate from wet or dirty gear or shoes. ***Available for $119-$159 at henty.cc***

SHAPE *loves...*

Measure up

Breville's The Little Genius Kitchen Scales will help solve an array of kitchen challenges with precision. It's three kitchen helpers in one – a scale, a timer and a thermometer.
$109.95, breville.com.au

Hello dinner!

When recipe fatigue leaves you reaching for the takeaway menu, ***HelloFresh*** is here to help! Each week they'll send you all the fresh, pre-measured ingredients and recipes you need to make delicious dinners that will delight your tastebuds, all delivered to your door for free. Visit ***hellofresh.com.au*** to order your first box.

Sweet as

Made from 100 percent Australian fruit, ***Perfect Fruit*** boasts the creaminess of soft serve ice cream or frozen yoghurt, but is fat-free, dairy-free and contains fewer calories than an apple. Available at over 400 locations. ***Find them on Facebook***

So spreadable

Mayver's have created a mouth-watering range of pure-state wholefood table spreads that you'll find hard to resist. Our favourite is the Dark Chocolate Super Spread. What's yours? ***mayvers.com.au***

Tracktastic

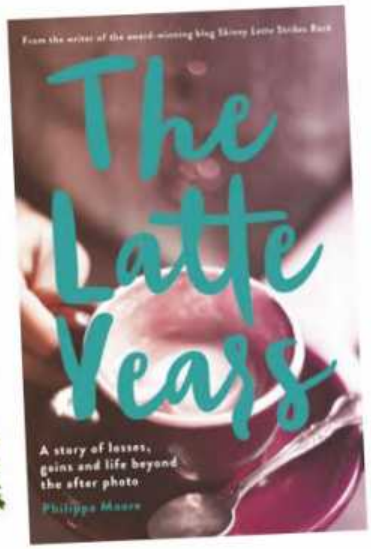
Misfit Shine 2 Activity Tracker can track your exercise and sleep patterns. Also calculates steps and estimates calories burned and distance travelled. Can even be worn while swimming! ***$89.95, pica.com.au***

Creamy and fresh

Made from 100 percent sustainably harvested coconut flesh, ***Amazonia Coconut Superfood Frozen Packs*** are convenient, nutritious and delicious sachets that boast all the benefits of coconut without the mess. ***$9.95, amazonia.com.au***

Best bar none

With natural ingredients like peanuts, almonds, pepitas and cranberries, ***Carman's Gourmet Protein Bars*** are a great way to get your protein hit while treating yourself at the same time. ***Available nationally at most major supermarkets, carmanskitchen.com.au***



A page turner

The Latte Years is the story of Philippa Moore, who transformed her life and her body by embarking on a life-changing journey. More than a weight-loss memoir, this is a tale of courage and perseverence. ***$24.99, blackincbooks.com***

Tea time

Green Tea x50 contains the goodness of one of nature's finest ingredients – resveratrol. Plus it's full of antioxidants, vitamin C, essential amino acids and electrolytes. Each serve packs the antioxidant equivalent of up to 20 cups of regular green tea ***$59.95, greenteax50.com.au***

Smarter choice

Tablelands Coconut Oil Spread provides the goodness of coconut oil with a mild coconut flavour. It's ideal for spreading, cooking, baking and stir fries. ***Available at selected Woolworths, Coles and Independent supermarkets, tablelandsspreads.com.au***

Be inspired

Think strong, be strong

THERE'S SUCH A THING as fitness self-esteem, and you want it. Why? Because having this mental strength may help get you a better body, a new study revealed. When researchers at Texas Women's University in the US studied a group of 18- to 30-year-old women with similar BMIs who did comparable amounts of weekly exercise, they found that those who thought of themselves as fit and strong were able to run significantly longer and lift heavier weights than their less self-assured counterparts. Truly believing that you can accomplish a physical task that takes endurance and strength "allows you not to be afraid to put in more effort," says study author Dr Wayne Brewer. Build your fit confidence by scoring some mini wins – rock your boot camp with slightly heavier dumbbells, dial up the resistance in spinning – and start the snowball effect.

RUN-SPECIFIC STYLES WILL MAKE YOUR JOG FEEL EASIER, EXPERTS SAY

It's chilly/dark/early/late... Time to lose the excuses, because all you need to get fired up for a workout is to put on your spandex and sneakers. "It's that easy," says Karen Pine, professor of psychology at the University of Hertfordshire and author of *Mind What You Wear: The Psychology of Fashion.*

Getting into activewear can launch you into exercise mode because clothing primes the brain to expect the forthcoming activity, Professor Pine explains. The news gets even better: your workout wardrobe can do more than just motivate you to move – it can also physically lead you to be more aware of your body, says Dr Joshua Ian Davis, director of research at the NeuroLeadership Institute, US. "Formfitting workout clothes make you feel like your muscles are stronger," he says. "If clothes are comfortable, you'll have a greater sense of fluency about your movement."

That means what you wear to the gym can actually affect your performance. If you're in clothing you associate with running fast or lifting heavier weights, your brain signals you to embody those qualities, giving you a psychological push to work a little harder, Professor Pine says. In one study, she found that when people wore a Superman t-shirt, they estimated themselves to be physically stronger than people who wore normal clothing, showing that we internalise characteristics associated with our attire. Ultimately, you want to dress for your workout like you would a new job – comfortable, confident and empowered.

WHAT DO YOU THINK ABOUT?

A recent study looked at what we think about when we're running long distances. Researchers from California State University found that the majority (40%) think about pace and distance; 32% think about pain and discomfort; while the remaining 28% think about the running environment, such as nasty hills or the weather.

Photograph by Matt Hawthorne

Almost half her size

Her husband loved her no matter what she weighed, but Ashley Keller didn't love herself. So she ditched her bad diet and lost 50 kilos.

By Amy Zavatto

A traumatic visit to a department store five years ago made Ashley Keller face the truth about her weight. "I remember sitting in the parking lot after trying to buy pants for work," says 167.5cm Ashley, 28, who then weighed 113 kilos. "I used to wear a size 22, but this time the pants didn't fit. I couldn't understand it. I honestly thought the manufacturer was saving five cents in material and skimping on the size. But then it dawned on me that the pants weren't getting smaller – my waist was getting bigger. And I had to do something about it."

Start weight
113 kg

Current weight
63 kg

HUNGRY ALL THE TIME

Ashley, a public relations representative, had struggled with her weight as a teen, but it "ballooned," as she puts it, when she went to university. "I love sweets – biscuits, cake, pies, you name it – and at uni, I just kept eating and eating them," she says. "And I never exercised." When Ashley met her now husband, Brandon, in 2006, she weighed 90 kilos. While they were dating, they often went out to eat, and Ashley didn't hold back. "I could put away a foot-long sandwich and chips and still be hungry," she says. She gained another 22 kilos by the time they got married, in 2009. Brandon told her that he loved her at any size, but Ashley was becoming more and more frustrated by all the things she couldn't do. Walking up a flight of stairs made her lose her breath. Bending over to tie her shoes was difficult. Even sitting was uncomfortable.

"I was unhappy with myself," she says. "I knew something had to change."

Ashley was also worried about her health. An uncle had died from a heart attack at age 46, and both of her grandfathers had suffered multiple heart attacks. "I saw myself dying at a young age from heart trouble," Ashley says. "The idea was just terrifying to me."

LITTLE CHANGES, BIG SUCCESS

Soon after her parking lot epiphany, Ashley worked up the nerve to join Weight Watchers, where the group leader set small, doable weight-loss goals for her. Within three weeks, Ashley reached her first milestone: shedding 5.5 kilos, or 5 percent of her weight, mostly by cutting back on sweets, eating more fruits and vegetables and limiting her portion sizes.

Her next goal was to drop 10 percent of her start weight, or 11 more kilos. She started planning her meals for the week and packing healthy lunches to bring to work. She also began exercising for the first time in years. She took it slowly, walking for 15 to 20 minutes two or three nights a week. Then she found the courage to try Zumba. "I was intimidated at first because of my weight, but I liked to dance in high school, so I gave it a shot," Ashley says. "I loved it!"

Ashley's small but steady changes paid off. "It took me three years and three months, but I hit my goal weight on July 24, 2013, the day after my 26th birthday," she says proudly. Her success has since inspired her to take up running. She completed the Couch to 5K nine-week training program and now runs three times a week; she has also done two mini marathons.

"My mum and my husband have been my biggest cheerleaders," Ashley says. "They see the smile that running puts on my face."

To help build muscle, she has added high-intensity strength training to her workout routine twice a week. And she still takes Zumba classes.

Ashley is encouraged not only by her slimmer body but also by her improved health. "I honestly feel better than I ever have before," she says. "I used to catch every a cold, every season. Now I rarely get sick. I'm so much healthier, stronger, and happier!"

"I never used to exercise at all. Now I love to run races"

WHAT WORKED FOR ASHLEY

FITSPIRATION

Ashley keeps the belt she wore when she was113 kilos on her bedside table as a reminder of how far she's come. (Her current belt size is an entire 30cm shorter.) She also put side-by-side before and after photos on her phone. "If I have a bad day, I can pull them up and see what I've accomplished," she says.

GETTING FRESH

She once avoided the fruit & veg section, but now Ashley heads there as soon as she gets to the supermarket. "The first time I shopped there, it was daunting, exactly like walking into the gym when I was just starting to exercise," she says. "Now I'm very focused on nutrition, and I eat a lot of fruits and vegies. I have a piece of fruit with my breakfast, and I eat two or three servings of vegetables with lunch and dinner."

EXERCISE WITH A VIEW

Ashley loves to be outdoors. She goes for evening walks with her husband, signs up for races to keep her running sessions fun and interesting, and is even incorporating workouts into her holidays, such as the Gold Coast Marathon and Run For the Reef on the Great Barrier Reef.

GETTING INTO A SWIMSUIT AFTER WEIGHT LOSS

Our body-image expert is here to help build your comfort and confidence

By MELANIE MANNARINO

You've been slimming down... and now it's summer. Which means doing the big reveal, maybe in shorts or a swimsuit. This is a moment that should be thrilling, but instead, it can be scary, because despite your accomplishment, body-image anxiety still manages to set in. "Many women continue to feel self-conscious about their bodies after losing weight," says Dr David Sarwer, a professor of psychology in psychiatry and surgery at the Perelman School of Medicine at the University of Pennsylvania, US. "They may have sagging skin and stretch marks, and they worry that if they wear revealing clothes, people will judge them."

Not only that, after weight loss, it typically takes some time for your brain to catch up to your new slimmer reality. "You may still think of yourself as two, four or six sizes larger than you actually are, so you can't imagine feeling great in a swimsuit," Dr Sarwer says. Of course, these are anxiety-provoking thoughts that live in your head, but they can steal your confidence. And now is the time to celebrate your triumph. The following advice will help you see your new body in a positive light and boost your self-esteem.

BODY ANXIETY: YOU STILL THINK OF YOURSELF AS HEAVY

This is phantom-fat syndrome, something that people who have lost weight often have, Dr Sarwer says. "Your mind plays tricks on you, and you just can't comprehend that your body is smaller. You've become so accustomed to thinking of yourself as a certain size that even when friends and family say how slim and fantastic you look, it can take a long time before your perception of your body matches the new reality."

Dr Sarwer explains that you need to give your point of view a real jolt and see your body literally from a new angle to gain perspective. And that means an honest assessment of yourself in a full-length mirror.

"When you're overweight, it's common only to focus on your reflection from the chest up because you don't care for what your body looks like," he says. "But it's important to take in the full image of your

DITCH THE COVER-UP
No one is going to critique your hips or thighs. They're just as likely to be thinking how great you look.

shape and view yourself as a whole person, not various good and bad body parts.

"It may help to have a friend snap a picture of you," Dr Sarwer suggests. "In the same way that a photo can be the cue that makes people realise they've gained weight, it can also be the cue that leads you to realise that your body looks much smaller than you thought it did. It's often a relief and a pleasant surprise. Once you acknowledge that, carry the mental image around with you."

BODY ANXIETY: YOU THINK THAT EVERYONE ELSE IS FIXATED ON YOUR FLAWS

After losing more than 50 kilos, Mae Perry, 33, updated her wardrobe with new fitted dresses, tossing out the dark, shapeless clothes she wore for so many years. But despite feeling confident about her body for the most part, the graphic designer still won't wear shorts. "Intellectually, I know that no one really cares, but the saggy skin on my thighs rubs together, and I would be constantly worrying about how my legs looked if I wore shorts in public," Mae admits.

Dr Sarwer confirms that truly, no one cares. "A woman may assume that when people are looking at her they're thinking how big her hips or thighs are, but in fact, many people aren't paying attention to those things at all. They're just as likely to focus on features of hers that they find appealing, such as shiny hair or pretty eyes."

You need to get back in front of that mirror and spend time looking at yourself from head to toe. "As you're doing that, balance negative thoughts about your body with positive ones," advises Dr Sarwer, who has the patients he works with do that as part of their program. "For every one thing you don't care for, identify another thing you do like about your appearance." Then highlight that feature: if you like your shoulders, wear your hair up and put on a halter top. "Making one simple change like that will soon give you the confidence to make others," Dr Sarwer promises.

BODY ANXIETY: YOU'RE HOPING FOR PERFECTION

You're sizes smaller, yes, but your arms are still a little flabby, and your boobs sag a bit, and your butt isn't perky and tight... Obviously, you know you'll never be perfect. No one is. Not Giselle Bündchen, not Elle, not Jennifer Hawkins. But it's incredibly hard to just be emotionally OK with this, Dr Sarwer says, because as you look at yourself in relation to friends and celebrities, you make upward comparisons. "When you enter a room, you compare yourself to the person you believe is more attractive than you, which makes you feel insecure about your own appearance," he notes.

It's especially easy to make those upward comparisons when you've been self-conscious about your weight for a long time. "In that case, you tend to have the added false assumption that everyone is thinner and in better shape than you are," Dr Sarwer says.

First, realise that we all have this tendency. So if you've been avoiding a swimsuit because you're self-conscious about your body compared with everyone else's, it's time to take a long, hard look at those around you. "You'll see a wide range of body shapes and sizes," Dr Sarwer says. "And unless you do something pretty dramatic to draw attention to yourself – say, wearing sweats in 30-degree weather to camouflage your body – you're probably going to just blend right in."

"I know now that if I walk confidently, it will deflect any insecurity I have about my body"

Realising that everyone, no matter how slim they are, struggles with body issues can be comforting. "One of the things that really helped me feel OK about showing my body was finding out that all women, even celebrities who look perfect, have worries about their bodies, too," says Elisha Villanueva, 32, who lost 35 kilos five years ago. "Now I talk myself out of my own insecurity. Before I take off my cover-up at the beach, I remind myself that the same issues I have are swimming around in other peoples' brains. I also know that if I walk confidently, it will deflect any insecurity about my body. Soon, I'm not so worried anymore." *S*

BODY OF EVIDENCE

One incredible woman is proving that anything is possible – you just have to believe

TO FOLLOW GILL ON HER POWER 10 CHALLENGE, HEAD TO GILLTALKS.COM

It's been 10 years since the London bombings, a senseless act of violence that saw 52 innocent people lose their lives. Countless more were injured. Aussie Gill Hicks was the last living victim rescued – initially her injuries were so severe she was not expected to survive. Three months later she walked out of hospital on two prosthetic legs.

Last month, Gill defied all odds once again and took on the Eureka Climb – Australia's biggest vertical race, with 88 levels and 1642 steps. It's part of her Power 10 challenge, which she created to commemorate the 10-year anniversary of the bombings. She plans to support 10 different charities and organisations while undertaking different physical challenges.

"What I've absolutely realised is the power of the mind over the body," she says. "It gives you a real insight into the brilliance of human beings. I'm in awe of my body and what I can do. It's not easy, walking and balancing on prosthetic legs."

Gill calls her recovery in hospital "a journey of belief", and fondly recalls her physios who worked with her from day one.

"Anyone who has ever used physiotherapy to help them through injuries, chronic pain or rehabilitation will know only too well the vital role physios can play in rebuilding lives, when even the smallest steps can seem impossible," she says. "I certainly couldn't have lived without my physiotherapist."

Gill, who is now the proud mother of two-year-old daughter Amelie, is a powerful reminder of how important mindset and mental attitude can be.

"I'll never recover – my legs will never grow back," she says. "But I've made a continuous commitment to be the best I can possibly be. I'm in this for life. I have to be committed and push through to see what is possible."

Other challenges in Gill's Power 10 include abseiling, tap dancing, car racing, bungee jumping and shark diving.

"I can use my body to speak better than I can in words," she says. "I want to show how we can face our fears; how we can explore the brilliance of the human body."

Gill is the 2015 ambassador of the Australian Physiotherapy Association's I Love My Physio campaign. For more info, see ilovemyphysio.com.au

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